Let Herzing College be your guide to a career
That Makes a Difference

Programs: • Accounting & Payroll Administrator • Administrative Assistant, Business Administration • Clinic Office Assistant • Community Support Worker • Computer Network Technology • Healthcare Aide • Legal Assistant • Medical Laboratory Assistant • Pharmacy Technician

HERZING COLLEGE 1-866 NEW CAREER 1-866-(639-2273)
723 Portage Avenue, Winnipeg, MB R3G 0M8

CAREER FOCUSED • CONVENIENT • CARING www.herzing.ca

DREAM FINISH

- JAMES, AND THE U.S. DREAM TEAM GO FOR GOLD THIS WEEKEND
- ON FRIDAY, WATCH CANADIANS DIVE FOR MEDALS: 3 P.M. ON CTV

WINNIPEG metro®

WEEKEND, August 10-12, 2012

News worth sharing.

metronews.ca | twitter.com/metrowinnipeg | facebook.com/metrowinnipeg

Celebrating Scott's bronze

A dream come true. Former Bison Desiree Scott will be Manitoba's 'ambassador' for soccer

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

The cheers from Winnipeg were likely loud enough to reach across the pond after Canada's women's soccer team took the bronze medal at the 2012 Olympics in London.

Among the Winnipeggers who woke up bright and early Thursday to watch the match — a 1-0 win over France — were family, friends, coaches and teammates of Desiree Scott.

After the match, Scott said via Twitter: "Thank you to every single person out there who supported and believed in us throughout this journey!!! Dream come true!!!"

Scott — a former University of Manitoba Bisons player and now an assistant coach with the team — was on the pitch the entire match and came up big when she stopped the ball from landing in the Canadian net about halfway through the second half.

"Of all of the players who would come up in a clutch moment like that, it would be Des," said Michelle Kliment, who played alongside Scott for two seasons on the Bisons team and was coached by her this past season.

Kliment watched the match with other Bisons players and staff, including current Bisons coach Hadyn Sloane-Seale, at the Smitty's restaurant on Pembina Highway.

"It was just Des doing her job, knowing her role and doing it to a tee," said Sloane-Seale. "She's certainly one of the break-out players of the tournament."

Kliment — an international business and marketing major at the Asper School of Business — said Scott will be ambassadors for soccer in Manitoba. "It'll be a huge boost for Canada and Desiree will be at the forefront for bringing awareness to the women's game in Winnipeg and Manitoba," she said.

Sloane-Seale and Kliment agree that U of M will benefit from Scott's experience.

Canada's Emily Zurrer, rear, and Chelsea Stewart celebrate winning their women's bronze medal soccer match against France at the London Games on Thursday. EIN MALLA/THE ASSOCIATED PRESS

Climbing high

Two Winnipeggers will compete in the International Tree Climbing Championships in Oregon on Saturday PAGE 3

Bourne loser?

The Bourne Legacy is another chase movie disguised with superspy bafflegab, Metro's Reel Guys agree PAGE 13

FORD CHEVROLET DODGE GMC CHRYSLER KIA TOYOTA CADILLAC

Apply online @ AutoMallFinance.com 1-877-796-0505

NEW & USED
GUARANTEED APPROVAL ALL LEVELS OF CREDIT

NEED A CAR NEED FINANCING
NEED A GREAT DEAL
100'S OF VEHICLES AT SALE PRICES!

VANS STARTING@$89 B/W
CARS STARTING@69 B/W
TRUCKS STARTING@$119 B/W
SUV'S STARTING@$99 B/W

IF YOU CALLED US YESTERDAY, YOU WOULD BE DRIVING TODAY!
AUTO MALL FINANCE 1000-1717 WAVERLEY ST. WINNIPEG, MB

fido

Discover our new affordable combos

Just choose the one that suits your needs. Our **three types of combos** match the right phone with the right plan to give you **great value**. Enjoy affordable text and talk with this one or **discover them all in store**.

Text & Talk

Plans from **$20** per month[1]

And a phone from $0
with 2-year Fido Agreement[2]

Includes the Fido ADVANTAGE™
FidoTRADE | FidoDOLLARS | *Fido LiveANSWERS*

Learn more about our new combos.
Visit a store, call **1-866-301-3436** or go to **fido.ca**.

FIDO STORES
Garden City Shopping Centre
Kildonan Place
Polo Park Shopping Centre
Portage Place
St. Vital Centre

FUTURE SHOP · BEST BUY · WIRELESSWAVE · booth wireless · WIRELESS etc... · LONDON DRUGS · COSTCO WHOLESALE · Walmart

Offers subject to change without notice. A one-time $35 Activation Fee applies; receive a credit for the entire amount of the $35 Activation Fee on your invoice with new activation on a 2- or 3-year Fido Agreement. Device savings recovery fees and/or service deactivation fee apply according to the terms of your agreement. **1.** Additional airtime, long distance, roaming, data, add-ons, provincial 9-1-1 fees (if applicable) and taxes are extra & billed monthly. Local airtime minutes only. Plans include messages sent from Canada to Canadian wireless numbers. Sent/received premium messages (alerts, messages related to content and promotions), sent international texts (except on select plans) and messages sent while roaming not included and charged at applicable rates. Subject to Fido Terms and Conditions & Acceptable Use Policy, **fido.ca/terms**. **2.** With new activation on a 2-year Fido Agreement on a Standard plan. Taxes extra. © 2012

Police investigation

Armed robbers threaten 3 people in North End

Winnipeg police said four armed men entered a home on Selkirk Avenue around 11p.m. Wednesday, threatening three people, and leaving with stolen property.

Police said a 22-year-old man was hurt during the robbery. Three of the male suspects are described as being between 18-25 years old and having average builds. The other male suspect is described as being white, a medium build and having blue eyes. Anyone with information is asked to contact police at 204-986-6219.

METRO

Suspect at large

Woman, 24, uninjured after attempt to pull her into bushes

Winnipeg police said a 24-year old woman was able to escape after being approached from behind by an armed man who tried to pull her into bushes just after 8 p.m. on Wednesday night.

The woman was safe and uninjured after the attack, and police are now searching for an aboriginal man, about 30 years old, with long black hair, with a thick build with a large belly.

The man is described as having an acne-scarred face. He was wearing a black sweater with a hood, and black shorts.

Anyone with information is asked to contact police at 204-986-6245.

METRO

FOR MORE LOCAL NEWS, VISIT METRONEWS.CA

Volunteer. Extras needed for Jack Layton biopic

Hundreds of Winnipeggers are needed to 'recreate history' next Tuesday, Aug. 14 from 4 p.m. to 10 p.m.

Smilin' Jack: The Jack Layton Story documents the career of the late NDP leader Jack Layton, and volunteers are needed to fill the seats at the Centennial Concert Hall to recreate a crowd at the Toronto Convention Centre, after Layton led the NDP to become Canada's official opposition.

Participants are asked to wear neutral colours and business casual clothing, including browns, greys and neutral tones, and the colour orange.

They're asked not to wear jeans, black, white or red.

Those interested must be over the age of 18, and are asked to register via email at: thejacklaytonstory@gmail.com.

METRO

Bear statue. Winnie moves to different part of park

A statue of the bear that inspired Winnie the Pooh stories and delighted children for 20 years has been moved to a more visible location in Assiniboine Park.

The popular statue, which features Lt. Harry Colebourn and Winnie the Bear, was relocated to the Nature Playground.

"This statue is an important part of Winnipeg's history and we wanted it to have as much visibility as possible," said Margaret Redmond, president and CEO of the Assiniboine Park Conservancy, in a press release on Thursday.

"With high volumes of traffic in the Nature Playground, the majority of them being children, it seemed like a natural fit."

The Kinsmen Club of Winnipeg donated the bronze statue and plaque, which was unveiled on Aug. 6, 1992.

METRO

Tree climbing a fave sport for 2 'Peggers

Competitor hopes to bring publicity to a unique line of work

DAVE BAXTER
winnipeg@metronews.ca

Lots of kids grow up climbing trees for fun, but two Winnipeggers' love of this activity has given them a career and now a trip to the U.S to compete in an international competition.

Jesse Antonation and fellow Winnipegger Emily Michaelson will represent the prairie chapter of the International Society of Arboriculture at the annual International Tree Climbing Championships this Saturday and Sunday in Portland, Ore.

Antonation and Michaelson are professional arborists and both climb trees for a living. Antonation said he is excited to compete in the competition but even more excited to bring exposure to a line of work that often gets little publicity.

"During the competition, people will be walking by and wondering what is going on," said Antonation.

"The industry is not well known, but things like this really help."

Speed is an important factor in the competition, but according to Antonation it is not necessarily the key to success.

"You have to be fast and efficient, but safety is the most important. The competition áreally pushes safe climbing as the number one priority."

Antonation hopes to finish in the top 15 this year and said he likes the wide range of events in the competition. There are five events.

"We do things like a work climb, a rescue climb, and a speed climb. For the rescue we have to get a dummy safely out of a tree."

In a press release, a spokesperson for the competition said it "brings together the best of the best from around the globe. Sixty-one competitors will be competing to earn the title of world champion."

Dance the night away

Catarina Ribeiro performs at the Casa Do Minho Portuguese Pavilion during Folklorama. There's still plenty of time to catch shows, as the first week pavilions wrap up on Saturday. Another batch of pavilions open across the city on Sunday. The festival ends Aug. 18. BERNICE PONTANILLA, METRO

1 NEWS

Mobile news

The London zoo has been holding special animal athletic events to coincide with the Olympics. Scan the code to see who's king of this competitive jungle.

Let Herzing College be your guide to a career That Makes a Difference
Programs: • Accounting & Payroll Administrator • Administrative Assistant, Business Administration
• Clinic Office Assistant • Community Support Worker • Computer Network Technology
• Healthcare Aide • Legal Assistant • Medical Laboratory Assistant • Pharmacy Technician
CALL US TODAY
HERZING COLLEGE
1-866 NEW CAREER 1-866-(639-2273)
723 Portage Avenue, Winnipeg, MB R3G 0M8
CAREER FOCUSED • CONVENIENT • CARING www.herzing.ca

From soup kitchen to community hub: Siloam marking 25 years

Growing concern. Christian mission steps up its efforts to help the homeless find housing, jobs

LAUREN PARSONS
winnipeg@metronews.ca

It's heartwarming and wonderful to see what can be done in a short time.

"Five years ago I would walk downtown and see people sleeping on the street, and I don't see that anymore," says Judy Richichi, director of development for Siloam Mission. "People know that we're here, people know we're a source."

Richichi says the Christian humanitarian agency has seen many successes in the past 25 years, but has made the most progress over the past five years since moving to 300 Princess St.

"What's really phenomenal is the way we started — we were a tiny little soup kitchen — but once we hit here, the need grew, and we had the space to house that need," Richichi says.

One of Siloam's most ambitious projects, Vision 500, aims to help find 500 jobs and 500 low-income homes over a five-year period. Eighty-five homes have already been provided through the purchase and renovation of the Wolseley-area Madison house.

"Two of the guys were actually able to renovate their own spaces," Richichi says, adding that renovating the building provided job-skills training to the guests involved.

Richichi says it's important for the public to help create a community of support for guests who are making the transition into housing and the workforce.

"What's hard is that it's a huge culture shock, to go from this environment to a business environment. If it doesn't work out, they feel like a failure again," she says.

"Somebody who is homeless has lost almost all their relationships, all connections. They don't come in pairs, they don't come in groups — they come one individual at a time. If you're alone, it's harder for yourself to turn around and transition."

Lonely struggle

"Somebody who is homeless has lost almost all their relationships, all connections.... If you're alone, it's harder for yourself to turn around and transition."
Judy Richichi

Judy Richichi, Siloam Mission's director of development, says it's important for the public to show support for mission guests who are making the difficult transition into housing and the workforce. LAUREN PARSONS/FOR METRO

Richichi believes Winnipeg, as a community and as a city, has the power to reduce homelessness and poverty in Canada.

"I would love to work ourselves out of a job — to not have the need for it would be (the goal)."

Siloam Mission celebrates its 25th anniversary on Aug. 24.

Siloam Mission guest Ray Flett shows a work of art that he created in the mission's art room. LAUREN PARSONS/FOR METRO

'Having a place to do art — it's good': Siloam guest

Ray Flett has been sleeping at Siloam Mission off and on for the past four years, and uses the volunteer art program to find peace of mind.

"Having a place to do art — it's good because they don't let people in who are intoxicated, or high — it helps me stay away from those people," Flett says.

He says the volunteers help him relax, and he enjoys learning new art media and skills to practise in his own art.

"They make me feel better," Flett says. "I used to get angry a lot, but now I've learned to have respect for myself, and respect for the people around me. I feel good."

Flett says he plans to move to the country one day and hopes to work as a fisherman.

LAUREN PARSONS/FOR METRO

Block party and gala

- Siloam is hosting a block party in the mission parking lot. On Aug. 24, mission guests are invited to celebrate with volunteers with pork sandwiches provided by Manitoba Pork, coffee from Tim Hortons and Frosters from Mac's Convenience Stores. The event will also feature live music.
- Community members are invited to attend Siloam Mission's annual fundraising gala on Nov. 22 at the Winnipeg Convention Centre. Tickets can be bought online at siloam.ca.

Finding empowerment through movement at Siloam

Jeff Fisher believes in the strong connection between physical training and feeling good mentally and emotionally — and he is sharing that connection with some of Winnipeg's most vulnerable people.

"One of our trainers, Karly Proulx, came back with tears in her eyes because she was so well received," says Fisher, president of Elite Fitness. "By the end of the class, people were laughing, having fun and just feeling good."

Project Echo and Elite Performance are working together to offer Siloam Mission guests two movement workshops a week.

One guest, Richard, is looking forward to trying out the class for the first time on Friday, after recently being told by his doctor that he has high cholesterol and is at high risk for heart problems or stroke.

"I want to do something for it. I'd rather exercise than take pills," Richard says. "I went to the YMCA and they charge about $40 a month. Nobody else in Winnipeg offers a free gym."

Troy Westwood, development co-ordinator for Project Echo and a former Winnipeg Blue Bomber, says it's important that people realize that good health requires a balance of mind, body, spirit and emotion.

"Do all of us not benefit — when members of our community who need a little help to get on track — when those individuals become empowered to be independent?" Westwood says.

LAUREN PARSONS/FOR METRO

Sweet reward for ambitious Delhi family and Canadian bankers who helped

After receiving exceptionally good service at Scotiabank's Saddletown Circle Branch since he came to Canada six months earlier, Amit Chauhan decided to surprise the branch team with a traditional Burfi shortcake. "They helped me get my first home, so I wanted to thank them," recalls Amit who had just taken possession of a three-bedroom dream home in northeast Calgary.

It was a sweet finale for Amit and Mrinali Chauhan, who came from India in June 2011, only to be stranded by heavy rain in a hotel with their three-year old daughter. "We stayed in and ordered pizza while Amit ran around arranging things," recalls Mrinali, who was eight-months pregnant at the time.

Fortunately, the Chauhan family's arrival was made easier by the fact that they had set up their Canadian bank account in India, so they could send funds safely to Canada before they landed. They had heard about the ***Scotiabank StartRight***® Program[1] International Account Opening at an information session for permanent resident applicants and they visited a Scotiabank branch in Delhi. They were later connected with Syed Haider, a Scotiabank Personal Banking Officer in Calgary, who helped them apply for a bank account in Canada and obtain pre-approval for a credit card[2].

"Everything went smoothly when I went to the Calgary branch, since I could access the funds I had transferred from day one and I had the credit card in my hand for all our expenses," recounts Amit. "Even better, after travelling 7,000 miles I could talk to Syed in my own language and get advice about apartments, schools and Indian groceries."

This gave Amit extra time to start job searching and, by applying connections from his hospitality education in India, he found a restaurant management position on day two. "It surprises people, but I used my networking skills to make local contacts, and I was ready to be flexible and take any hard work at the beginning," explains Amit, who now welcomes visitors to Canada as a front-desk supervisor in a busy hotel.

And Amit didn't delay thinking about his long-term goals either, since he soon realized that buying a home was a better investment for his family's future than paying expensive rent each month.

"I didn't think it would be possible to get our first home so quickly, but Syed reviewed my earnings and financial history and explained my options," notes Amit, who qualified for the ***Scotiabank StartRight*** Mortgage Program[3], a hassle-free mortgage tailored for newcomers to Canada.

"I was lucky to meet a lot of wonderful people who helped us find a home, including our brilliant banker and an exceptional realtor."

Reflecting on his family's rapid settlement in Canada, including the birth of a son, a job and a comfortable home, Amit adds that, "From my hospitality training, I learned to connect with others and recognize people who will give their time and help you, like Syed." For Amit, it made sense to continue that hospitality, by sharing dessert with his new friends at Scotiabank.

THIS ADVERTORIAL IS PREPARED BY SCOTIABANK®.

The Chauhan family enjoy their new life in Calgary – including their own home – by connecting with others, including helpful local Scotiabankers.

"Alex helped open the door to our new home in Canada."

The ***Scotiabank StartRight***® Program[1], specially designed for newcomers, makes owning your home a reality.[2] Let one of our knowledgeable *Scotia*® advisors show you how.

Start Right Here. Find your nearest Scotiabank branch, visit scotiabank.com/startright or call 1-866-800-5159.

Scotiabank StartRight® PROGRAM FOR NEWCOMERS

BANKING • ESTABLISHING CREDIT • OWNING YOUR HOME • SAVING

1. The *Scotiabank StartRight* Program, created for Canadian Landed Immigrants from 0-3 years in Canada, International Students and Foreign Workers. The *Scotiabank StartRight* Mortgage Program, created for Canadian Landed Immigrants and Foreign Workers from 0-5 years in Canada.
2. Subject to meeting Scotiabank's credit criteria and security requirements. An unsecured VISA* card may be available up to certain credit limits; a secured VISA card requires security equal to 100% of approved credit limit for Foreign Workers and Permanent Residents and 120% of approved credit limit for International Students. VISA card security can be cash security, Canada Savings Bonds or Guaranteed Investment Certificate. In addition, to be eligible for a personal borrowing product, you must be a Canadian resident and have reached the age of majority.
3. Applicable to residential mortgages only and subject to Scotiabank lending criteria for residential properties. CMHC/Genworth Financial Canada mortgage default insurance may be required for Loan to Value ratios (LVRs) greater than 50% to a maximum of 95%. Maximum LVRs available may be less than 95%

® Registered trademark of the Bank of Nova Scotia.
* VISA Int./ Lic. user The Bank of Nova Scotia.

® Registered trademarks of The Bank of Nova Scotia.
1. The *Scotiabank StartRight* Program, created for Canadian Landed Immigrants from 0–3 years in Canada, International Students and Foreign Workers. The *Scotiabank StartRight* Mortgage Program, created for Canadian Landed Immigrants and Foreign Workers from 0-5 years in Canada.
2. Applicable to residential mortgages only and subject to Scotiabank lending criteria for residential properties. CMHC/Genworth Financial Canada mortgage default insurance may be required for Loan to Value ratios (LVRs) greater than 50% to a maximum of 95%. Maximum LVRs available may be less than 95%.

History of the Siloam Mission

Here's how Siloam grew from a soup kitchen to a driving force for compassion for Winnipeg's most vulnerable people:

STAFF/METRO WINNIPEG
Information provided by Siloam Mission

1987-1990

Suk Woon Lee, a former penintentiary inmate and member of the Korean Nazarene congregation, founded Siloam Mission and worked with board members and volunteers to establish an inner-city ministry. In 1990, word of the ministry spread, and the demand for services grew – resulting in Siloam purchasing the building at 707 Main St.

1999-2000

After 12 years, Siloam closed its Main Street doors when the City of Winnipeg expropriated the soup kitchen's Main Street property before the 1999 Pan Am Games to make way for Neeginan Park. Siloam reopened as a drop-in-centre at 564 ½ Main Street in April 2000. By December, Siloam ran out of funds for paid staff — but dedicated volunteers kept the doors open to offer hot meals.

SILOAM MISSION

2005-2006

In 2005, Siloam opened the newly renovated four-storey facility at 300 Princess St., continuing the meal and clothing program from the first floor of the building. In 2006 Siloam shifted its focus from meeting basic needs to transitioning people off the streets. Siloam started the employment training program 'Mission: Off The Street Team' to help people re-enter the workforce.

2007

Hannah's Place Emergency Shelter in Siloam Mission's 2nd floor opened its doors to 110 homeless men and women, providing a safe place for the night. It has been full almost every single night since. The on-site Saul Sair Health Centre opened, and has since grown to include dentistry, optometry, physiotherapy and much more, free of charge.

SILOAM MISSION

2011-future

With the help of all three levels of government, Siloam Mission purchased the Wolseley-area Madison Lodge in April 2011 and is renovating it to turn into supportive housing for shelter guests ready to move forward. The goal for the next five years: Vision 500, is the vision to alter the landscape of Winnipeg's inner city by providing 500 homes and 500 jobs in the next five years.

RBC Royal Bank

STUDENTS
WIN* $1,000
EVERY DAY.

Get an eligible student bank account, credit card or line of credit to enter^.

rbc.com/daily1000

Advice you can bank on™

TM

* No purchase necessary. Contest runs from July 3, 2012 to September 30, 2012. Weekly draws begin July 6, 2012. Winners will be announced starting on July 11, 2012 and throughout the Contest Period. Correct answer to skill testing question required. For full Contest rules and how to enter without purchase, please visit rbc.com/rules. ^ Eligible products include the RBC Student Banking® account, RBC No Limit Banking for Students® account, any RBC Royal Bank® credit card with a valid graduation date, and the Royal Credit Line® for Students. Credit cards are subject to credit approval. Personal lending products are provided by Royal Bank of Canada and are subject to its standard lending criteria. Some conditions and restrictions apply. To get a list of eligible credit cards for students, please visit: www.rbc.com/studentcards.
® / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. VPS68959

Must pass pregnancy test.
U.S. school changes rule after it's said to have violated law

A U.S. school is changing a policy that kicked pregnant students out of class and required them to be taught at home, the school's board chairman said Wednesday.

No one at Delhi Charter School in rural Louisiana realized there was anything wrong with the policy until the American Civil Liberties Union's state chapter threatened to sue, said chairman Albert Christman.

The policy has gotten "everybody up in a roar," he said.

The school required students who were suspected of being pregnant to take a pregnancy test. If they refused, or tested positive, they had to be home-schooled. The ACLU said the policy violated Title IX of the 1972 federal education law, which requires equal opportunities for both sexes.

Too many schools do not realize pregnant students should receive equal treatment, the National Women's Law Center said in a June report.

"Despite enormous advances for women and girls in education since 1972, schools across the country continue to bar pregnant and parenting students from activities, kick them out of school, pressure them to attend alternative programs, and penalize them for pregnancy-related absences," the law centre said in the report.

Louisiana Department of Education spokesman Barry Landry said he did not know the state's policies for pregnant students.

THE ASSOCIATED PRESS

Teen moms

- Fatima Goss Graves of the National Women's Law Center said she had never seen a school policy "that said you must take a pregnancy test in order to attend school. Or one that pushes, so overtly, students out."
- Albert Christman, the Delhi school board chairman, said "just a handful" of students were affected by the policy, which dates to 2006.

Supporters awaiting Pussy Riot verdict

Masked activists demonstrate in support of members of the feminist punk group Pussy Riot in front of the Russian Embassy in Berlin Thursday. Prosecutors in Russia on Tuesday called for three-year prison sentences for the women who gave an impromptu performance in Moscow's main cathedral to call for an end to Vladimir Putin's rule, in a case that has caused international outrage and split Russian society. OLIVER LANG/DAPD/THE ASSOCIATED PRESS

Surveillance testing

Balloons inflate border-patrol agents' hopes

Something new will soon be floating in the skies above the Texas-Mexico border as federal authorities test balloon-like military surveillance devices to see if they might help with border monitoring. U.S. Border Patrol spokesman Henry Mendiola says the large, tethered devices called aerostats likely will take flight by Friday in the Rio Grande Valley. He could not say how many there would be nor how long testing would last. THE ASSOCIATED PRESS

New York's sex scene

City the buzz kill to vibrator promo

A vibrator giveaway that attracted long lines in New York City came to an abrupt end when the city told the promoters to pack it up. The Trojan condom company set up "Pleasure Carts" on Wednesday in two Manhattan neighbourhoods, and were set to give away 10,000 vibrating sex toys. THE ASSOCIATED PRESS

CANADA'S LARGEST STORE
FREE SHIPPING
THOUSANDS OF BRANDS & GROWING DAILY!
SIGN-UP AT CANADA'S BIGGEST STORE AND GET
$10 REWARDS CASH
TO SPEND RIGHT NOW ON THE BACK TO SCHOOL BRANDS YOU LOVE
plus FREE SHIPPING! SOME CONDITIONS APPLY
SHOP • CA™
SHOP & EARN, EVERY TIME!™
Got great products to sell? Contact supplier@shop.ca | SHOP.CA Sign-UP required to claim $10 Reward and can only be used at WWW.SHOP.CA

Iran holds Syria conference as regime fights off rebel push

Call it dialogue. Allies stand together amid international pressure for Assad to step down

As Syrian forces struggled to drive rebels from the country's largest city, the regime's key ally Iran tried Thursday to start an alternative political process to address the crisis.

Iran gathered an array of nations ranging from strong supporters of Damascus to far-flung nations a world away from the Syrian civil war.

The one-day forum is unlikely to result in any international consensus, but it shows Iran's resolve to stand by President Bashar Assad as his forces try to crush the 17-month-old uprising.

On Thursday, Syrian rebels said they were low on ammunition but still managed to put up resistance against a regime ground offensive in the city of Aleppo, a centre of fighting for more than two weeks.

Tehran billed Thursday's conference as a way to focus on dialogue — an alternative to Western-led initiatives that call for Assad to give up power.

Iran has said in the past that the Syrian regime's critics fail to take into account violence by the rebels.

"Iran is against the killing of unarmed people and citizens by any side," Iranian Foreign Minister Ali Akbar Salehi said at the gathering.

He also warned that sending weapons to the opposition will only fuel the crisis, and he accused rebels of using civilians as "human shields."

Russia in the past has urged the West to allow Tehran to take part in international discussions on how to settle the Syrian crisis, arguing that the Islamic republic could play an important role. Moscow has been the main protector and ally of Assad's regime, shielding it from UN sanctions over its brutal crackdown on an uprising that has evolved into a full-blown civil war.

The U.S. dismissed the Iranian gathering.

"It's just hard for us to imagine that after putting so much effort into keeping Assad in power ... how they (Iran) can be a constructive actor in facilitating a political solution to the crisis," State Department spokesman Patrick Ventrell said.

THE ASSOCIATED PRESS

Conference attendees

- Iran said some 30 countries attended the meeting, including Russia and China, as well as far-off Benin, Cuba and Mauritania.
- The meeting was called at short notice, and most countries were represented at the ambassador level.

Bosnia. Wildfires set off blast in old minefield; more explosions feared

As firefighters tried to contain two wildfires near an ammunition factory in southern Bosnia on Thursday, one of the blazes began setting off explosions in a minefield left over from the country's war in the 1990s, officials said.

No one was injured, but the risks of entering the minefield and heavy winds were making it difficult for the firefighters and several military helicopters assisting them to battle the two blazes in the populated area.

This summer has been one of the hottest on record in Bosnia, and it hasn't rained in the country for two months.

Bosnia's 1992-1995 war turned it into one of the world's most mine-infested countries.

THE ASSOCIATED PRESS

Colorado. Lawyers for theatre-shooting suspect say client is mentally ill

Attorneys for the suspect in the Colorado movie-theatre shootings said Thursday their client is mentally ill.

James Holmes is accused of going on a July 20 shooting rampage at a midnight showing of the latest Batman movie in Aurora, killing 12 people dead and injuring 58 others.

Defence attorney Daniel King made the revelation about Holmes as he argued defence attorneys need more information from prosecutors and investigators to assess their client.

THE ASSOCIATED PRESS

Nuclear energy under fire on anniversary of Nagasaki

A woman and a boy pray next to lanterns along a river, paying tribute to the victims of the atomic bombing in Nagasaki, Japan, Thursday. They were two of the 6,000 people who gathered at a peace park near the epicentre of the 1945 blast, including students and the mayor of one of the towns most affected by last year's nuclear-plant disaster. Japanese officials have pledged to seek a society less reliant on nuclear energy as the country marks the 67th anniversary of the atomic bombing. KYODO NEWS/THE ASSOCIATED PRESS

Time for a change
Just $29.95
OIL, FILTER & MORE!
Super Lube AUTO CENTRES

What will you do with last years school clothes?
Why not donate them to the Sally Ann
GO TO THRIFTSTORE.CA FOR A LIST OF LOCATIONS
For information regarding pickups, call 1-800-757 -4483
THE SALVATION ARMY
THRIFT STORE

Grand Opening

August 11th, 9am-6pm

1424 McPhillips Street

First 100 guests receive a free pair of Sally Ann sunglasses

Barbecue 12pm-3pm

A new look, we know you'll love!

THRIFT THE SALVATION ARMY **STORE**

Coalition Avenir Quebec Leader Francois Legault greets members of the public during an election campaign stop in Mirabel, Que., Thursday. GRAHAM HUGHES/THE CANADIAN PRESS

Learning 9 to 5 would be reality under new party

Quebec election.
Teachers' group greets promise with skepticism, saying it would create logistical problems

There will be a lot less late-afternoon texting and TV watching for Quebec high-school students if a new political party gets its way.

The Coalition Avenir Québec (CAQ, Coalition for Quebec's Future) says it would adjust secondary-school opening hours to 9 a.m. to 5 p.m. if it wins the election, in order to better reflect the schedule of modern families and to help fight the province's high dropout rate.

Leader Francois Legault says he wants to put an end to adolescents going home in the middle of the afternoon and playing video games alone in the house. Instead, they would do extracurricular activities, like sports or cultural classes, or could get help with their homework.

The measure would be implemented over five years and cost $290 million when fully implemented. He said it would be introduced first in poor neighbourhoods with high dropout rates.

He said teachers wouldn't be forced to work an extra hour. Those who choose to, he said, would get a pay raise. Legault said the plan would have to be negotiated with teachers' unions.

For their part, the governing Liberals accuse the Coalition of making promises it can't afford with its cocktail of tax cuts and spending pledges. THE CANADIAN PRESS

Quoted

"Those famous yellow buses wouldn't leave at 3:30 p.m. anymore. They'll leave schools at 5 p.m."

CAQ Leader Francois Legault

Suspect in hammer attack may have given fake identity

When a Spanish tourist was abruptly pummelled in the head by a hammer-wielding stranger on a park bench last week in New York City, there seemed to be little mystery about who attacked him — a suspect was arrested nearby and confessed, authorities said.

But now the case may not be so straightforward: Prosecutors are investigating whether the suspect gave authorities a phoney name after a chess master in Canada told them he believes the man is using his identity.

At the moment, the suspect is being held without bail on attempted murder and other charges relating to the hammer attack. He hasn't been charged with any other crime. The Manhattan district attorney's office is looking into the false-identity allegation, a person familiar with the case said Wednesday, speaking on condition of anonymity because the person wasn't authorized to discuss the matter publicly.

Yoos too?

- The suspect gave police the same name — complete with middle name — and birth date as chess player John C. Yoos.
- Yoos, a U.S. citizen, said he was told the man also gave his Social Security number, though he doesn't know how the man obtained it.

The Legal Aid Society, which is representing the suspect, had no immediate comment.

The tourist, Hugo Alejandre of Barcelona, was eating lunch with his girlfriend in a park near city hall on July 30 when a man sitting next to them pulled out a hammer and started bashing Alejandre on the head and back with it, prosecutors said. Bystanders ultimately wrestled the tool away. Alejandre was treated for a spinal fracture and deep cuts, prosecutors said.

The chess player, John C. Yoos, 43, of Vancouver, says he knew nothing about the attack until a friend contacted him Monday after seeing a news report about it. The friend thought it was a coincidence that a man of Yoos' same name and age had been arrested in New York, Yoos said in a phone interview Tuesday.

He looked at photos accompanying news stories about the attack, recognized the suspect as an acquaintance from years ago and started calling authorities.

"It's a little bit disconcerting because, obviously, it's been widely reported. It's my name and my age on it," he said by phone. "I'd be very happy if this was clarified soon — that this is not, in fact, me."

THE ASSOCIATED PRESS

B.C. Court backs probe of police conduct after pregnant woman's death

Two Vancouver police officers who decided not to warn a pregnant woman about a tip that someone was plotting to kill her in the days before she was murdered have lost a court attempt to block an investigation into their conduct.

Det. Const. Craig Bentley and Staff Sgt. John Grywinski were working on the region's integrated gang task force in 2005 when Bentley received a tip that someone was attempting to hire a hitman to kill 21-year-old Tasha Rosette.

The B.C. Supreme Court heard Bentley told Grywinski, his supervisor, but the pair decided to further investigate the tip rather than warn Rosette.

Five days later, Rosette was found stabbed to death outside the door of her apartment in Surrey, southeast of Vancouver. She was stabbed 40 times and her throat was slashed.

Her boyfriend, Amjad Khan, and his alleged accomplice, Naim Mohammed Saghir, were later convicted of murder and conspiracy to commit murder, though the province's Appeal Court overturned those convictions last year and ordered a new trial.

THE CANADIAN PRESS

Victoria to Winnipeg

Stowaway cat returns home

A curious cat named Bandit is back home in Victoria after hitching a ride in a moving van that took him 2,500 kilometres away to Winnipeg.

The Gunderson family moved to Manitoba last week from the B.C. capital.

The driver of their moving truck found the kitty stowaway in a compartment underneath the trailer. Bandit survived the three-day journey with no food or water.

The cat was returned home by plane after the Gundersons contacted the Winnipeg Humane Society. THE CANADIAN PRESS

CUSTOM HOUSE
A WESTERN UNION COMPANY
WESTERN UNION

SEE OUR NEW LOOK AND EXPERIENCE OUR SAME GREAT SERVICE.

VISIT THE BRANCH TODAY!

- Foreign Currency: 100+ currencies generally within a 48 hr period
- Major Foreign Currency: typically 15+ seasonal on-hand
- USA and Canadian money orders

Winnipeg Cash Branch - 243 Portage Avenue | Phone 204.987.6000 - Toll Free 1.800.667.6004 | winnipegretail@westernunion.com

Google hit with $22.5M fine in privacy case

Record penalty. Tech giant will pay up to settle regulatory case with the U.S. Federal Trade Commission

Google headquarters in Mountain View, Calif. THE ASSOCIATED PRESS FILE

Google will pay a $22.5-million US fine to settle the latest regulatory case questioning the Internet search leader's respect for people's privacy and the integrity of its internal controls.

The penalty announced Thursday by the Federal Trade Commission matches the figure reported by The Associated Press and other media outlets last month. It's the most that the FTC has ever fined a company for a civil violation.

The rebuke resolves the FTC's allegations that Google duped millions of web surfers who use Apple's Safari browser.

Google had assured people that it wouldn't monitor their online activities, as long as they didn't change the browser settings to permit the tracking.

Google broke that promise, according to the FTC, by creating a technological loophole that enabled the company's DoubleClick advertising network to shadow unwitting Safari users. That tracking gave DoubleClick a better handle on what kinds of marketing pitches to show them.

The FTC concluded that the contradiction between Google's stealth tracking and its privacy assurances to Safari users violated a vow that the company made in another settlement with the agency in October.

The settlement doesn't come with any admission of wrongdoing from Google.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
100.81¢ US (+0.27¢)

TSX
11,858.13 (+77.09)

OIL
$93.36 US (+1¢)

GOLD
$1,620.20 US (+$4.20)

Natural gas: $2.945 US (+1.2¢)
Dow Jones: 13,165.19 (-10.45)

China on shaky footing?

A shoe-shop worker arranges discounted shoes at a shopping mall in central Beijing on Thursday. China's inflation rate fell further in July, giving the government more room to stimulate growth amid mixed signals about whether the world's second-largest economy is recovering from a painful slowdown. ALEXANDER F. YUAN/THE ASSOCIATED PRESS

LUXURY CAR DEALERSHIP EVALUATORS WANTED!

Visit a dealership in Winnipeg and pose as a customer in the market for a new car.

Open to anyone aged 30-60 who drives a high end vehicle.

Apply to become a shopper at: www.premierservice.ca

Premier Service, a PROFIT100 company, is a member of the Retail Council of Canada.

Your First Choice for Complete or Partial Dentures!

The only Downtown Main Floor Denture Clinic

Free Parking at rear of clinic

Denturists Bill & Tom Lee
Free Consultations

Inquire about Magnetic Repel Dentures

Lee Denture Clinic Since 1955
274 Smith Street
Between Graham & Portage across from St. Regis Hotel
943-4048 or 1-866-943-4048

THE NUTS & BOLTS OF LIFE & SPORTS

THE LIST
Mike Benhaim
Metro

1 **What Usain?** Does anyone else think it's awesome that the fastest man in the world's real name is Bolt?

2 **Oslo motion.** A Norwegian ref took our women's soccer team's gold-medal chance and another Norwegian snatched our gold in kayaking. This means war, Norway. Let's see how tough you are when we show up with our trampolines. Yeah. Be afraid ... be very afraid.

3 **Jackpot!** Facebook now offers online gambling in the U.K. Starting with online bingo, they plan to work their way up to slots. The site will simply ask the user to confirm that they are aged 18 or over, which is fair since everyone knows that gamblers never lie.

4 **Sports in space.** The six astronauts living aboard the International Space Station have been taking time from their busy schedules to watch the 2012 Summer Olympics. I'm not even allowed to use Twitter at work.

5 **Just like us.** A study published this week requiring wild hyenas in Kenya to slide open a bolt latch to get a piece of meat showed that only nine out of 62 hyenas succeeded by using their teeth, or flipping the box. This is a huge coup for the science community who spent countless grant dollars to show that if we ever encounter hyenas, we must pray that it's one of the dumb or lazy ones.

6 **Second-chance Chuck.** Charlie Sheen is back with a new show aptly entitled Anger Management. Hey, here's a lesson for the kiddies: Stay away from drugs or you'll end up rich, making movies and TV shows, having frivolous sex with hot actresses and porn stars, and after publicly humiliating yourself and your entire family, be offered another TV series. Now, is that what you really want?

7 **Palin by comparison.** Bristol Palin will take part in the all-star season of Dancing with the Stars. She says, "I figure the press will talk about me either way. So I may as well be having fun with a good group of people." Actually, I'm only talking about her to ask why anyone would be talking about her at all? Anyone?

8 **Funny Lady.** Barbara Streisand is honouring Canada with her presence once again. Well, not so much Canada as those Canadians that can afford to blow $2,000 on one night's entertainment, but hey, thanks Babs.

9 **Snoop Fog.** Here's how it really happened. A few years after converting to Islam, Snoop Dogg takes a spiritual journey to Jamaica (as if there were any other kind). Once there, he converts to Rastafari and decides to retire from hip hop to start producing reggae music. His manager asks: "Are you high?" Snoop says, "No." Manager replies, "Man, you lyin'!" And a new identity, Snoop Lion, is born.

10 **The Entertainer.** We lost a music legend this week. Marvin Hamlisch wrote some of the most recognizable tunes of the last half-century. He also holds the distinction of being the youngest student ever accepted into the Juilliard School, which he started at age seven. He was a rare talent who left us with a repertoire of timeless souvenirs. Thanks Marv.

Follow The Metro List on Twitter @TheMetroList

Lol: Hyenas can't haz pieces of meat, it seems. DAN KITWOOD/GETTY IMAGES

Sorry sight, sacred for science

TODD R. FORSGREN

Bird photography

Shock value inside 'Birds in nets' art

Looking at these birds haplessly caught in nets is bound to ruffle a few feathers. But in truth these creatures are unharmed in what is a research process used by biologists. Todd Forsgren's provocative images are from a series on mist nets, which ornithologists have used for years to measure and record birds.

MWN

Behind the photos

- **Definition.** Mist nets are used by ornithologists for data that cannot be obtained from using binoculars or microphones.

They "function as huge spider webs, catching unsuspecting birds," Forsgren, shown above, says on his website. The scientist carefully removes the bird from the net. The bird is then measured, aged, sexed, and banded with an individually numbered anklet before it is released back into the wild, unharmed.

- **For science.** Forsgren explains the significance, rather than the tragedy, of getting birds tangled in nets. "Most people think the images are tragic if they're not familiar with the mist-netting and bird-banding," he said in an interview with art print website 20x200. "But I hope that they'll come to understand the valuable information that biologists can collect using these techniques."
- **Inspiration.** Forsgren's photographs were inspired by the work of pioneering bird enthusiasts: Painter John James Audubon and ornithologist Roger Tory Peterson. "I spent days studying and trying to emulate Peterson and Audubon as a bird-watching teenager," Forsgren said. "John James Audubon's Birds of America, and Roger Tory Peterson's Field Guide to the Birds of Eastern and Central North America were the first pieces of artwork I loved."
- **On critics.** Despite the value of data from mist nets usage, Forsgren understands there will always be detractors of the technique: "For some viewers, no amount of discussion can convince them that the good this contributes to bird populations justifies an hour or two of stress on individual birds."

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Would a four-day work week encourage you to work harder?

Twitter

@CrystalDawnGee
Yoga classes in #Winnipeg cost a pretentious lot of $. A long-term goal of mine is to be certified & teach to grassroots folk for less $.

@MleLowes
In #winnipeg you can't go to the beach because of #algae. In#antigonish you can't go because of jellyfish.

@alicjab
Alexisonfire are going to Calgary AND Edmonton, but not Winnipeg? Those cities are like 10 minutes away from each other!

@JPRay14
What up Winnipeg! Congrats to our latest medalist who just won't let anyone past her on the pitch #beastmode #london2012 @MsDScott11

@MeKaymi_Tensei
I remember the days when every video on Youtube didnt have ads

metro
President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Winnipeg** Elisha Dacey • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **National Sales Director** Peter Bartrem • **Sales Manager** Alison Zulyniak • **Distribution Manager:** Rod Chivers • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown, **Vice-President, Finance** Phil Jameson **METRO WINNIPEG** 161 Portage Ave E Suite 200 Winnipeg MB R3B 2L6 • **Telephone:** 204-943-9300 • Fax: 888-846-0894 • **Advertising:** 204-943-9300 • adinfowinnipeg@metronews.ca • **Distribution:** winnipeg_distribution@metronews.ca • **News tips:** winnipeg@metronews.ca • **Letters to the Editor:** winnipegletters@metronews.ca

Jeremy Renner in The Bourne Legacy. SUBMITTED

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Bourne delivers on action, not on plot

Richard: Mark, why they didn't call this movie Bourne Again, I'll never know. Jason Bourne may not make an appearance, but it feels like a movie we've seen before — the same shaky camera and frenetic action. The only thing that's changed is that while there's a fair amount of CIA superspy gobbledygook, it's surprisingly light on plot. For a movie about the deepest, darkest workings of secret government agencies the story is really rather simple.

Mark: It's just another chase movie, although they try to disguise it with pseudoscientific bafflegab delivered at record speed. The blue pill? The green pill? Are we in the Matrix yet? That having been said, it's a very good chase movie for the first two-thirds, until it descends into very conventional car chases and the like. Superior acting lifts this movie above the run of the mill CIA stuff. Do you think Jeremy Renner was up to the task? Or should we lobby to bring back Matt Damon?

RC: I liked Renner, but I loved Damon in the role. I enjoyed Renner's performance in The Hurt Locker, but I wonder if he has the stuff to carry a movie on his own. He can run, jump and shoot with the best of them, but I was hoping for more charisma. When he's not in motion chasing after a bad guy or wrestling a wolf, I found him kind of flat. I was more on side with him in the beginning when he played Cross like a junkie who needed to score. After that he became a bland Bond wannabe.

MB: Copy that, Richard. But it was nice to see Ed Norton working again, and some of the small tense roles handled so well by the cast of well-chosen character actors. I liked the slow build of the first 30 minutes, I thought the editing and crosscutting was masterful, and the shootout set piece in the old house was so well done I felt I was right there in that house with the actors. But what's with bringing in the hit man at the end of the movie? How many times have we seen that cliché? Or the extended car chase — a non-thrilla in Manila? And don't even get me started on the ending!

RC: The last 30 seconds felt more like a door slamming shut than an ending.

MB: You know what they say: When a door slams shut, a window opens onto a sequel.

Synopsis

Dovetailing the story from The Bourne Ultimatum, the new film begins with Jason Bourne's appearance in Manhattan outing the CIA's Treadstone/Operation Outcome unit. Before a Senate committee can unearth info on the genetic experiments they conducted on their agents, head honcho Eric Byer (Edward Norton) orders all agents neutralized (assassinated). Among the targets is Aaron Cross (Jeremy Renner), a highly skilled operative who requires chemical enhancement to stay in peak killing form.

- Richard: ●●●○○
- Mark: ●●●○○

SCENE2

On the web

Sesame Street in search of new Latino character

Folklorama

AUGUST 5-18 2012
WINNIPEG | MANITOBA | CANADA
1.800.665.0234 | 204.982.6210
FOLKLORAMA.CA

VIP WORLD TOUR $69.95 unless otherwise stated

Experience Folklorama in style with a VIP World Tour; a three pavilion, premium group tour experience including:

- luxury motorcoach transportation
- a progressive, cultural meal
- lively, world class cultural entertainment
- bypassing line-ups
- reserved seating with table service

Comedy

The Campaign

Director. Jay Roach

Stars. Will Ferrell, Zach Galifianakis

It may be political satire but there isn't a whole lot of effectual social commentary in The Campaign. Instead, Will Ferrell and Zach Galifianakis star as two moronic politicians who relentlessly compete for election votes through everything from sex tape campaign ads to inadvertently punching babies. The inconsistent but engrossing gags only drive any serious political points into the muck. **STEVE GOW**

Comedy

Hope Springs

Director. David Frankel

Stars. Meryl Streep, Tommy Lee Jones, Steve Carell

Streep's Kay, 30 years married and five years untouched, is optimistic that she can save her relationship, despite evidence to the contrary. Her husband Arnold (Jones) has mossed over emotionally and sexually, content to live a cold, separate life. He grudgingly acquiesces to therapy but deflects Dr. Feld's (Carell) advice. The film forgoes histrionics for emotional realism as only these pros can deliver. **ANNE BRODIE**

Dolph Lundgren lured back for Expendables 2

Character written specifically for him. Veteran action star sees a lot of himself and his own past in his expanded role

NED EHRBAR
scene@metronews.ca

It's no secret that '80s action film star Dolph Lundgren also has a degree in chemical engineering and gave up a Fullbright scholarship to MIT to become a bodyguard for Grace Jones and eventually an actor. By complete coincidence, in The Expendables 2 we learn that his mercenary character, Gunnar, gave up studying chemical engineering at MIT to become a bouncer at a club and shack up with an exotic girlfriend.

Whose idea was it to make your character's backstory your own backstory?

At first reluctant, Dolph Lundgren is back for Expendables 2. HANDOUT

That was (Sylvester) Stallone. I had reservations about the original script on the second (movie). My character had been so fun to play in the first one. That was the reason I did the movie, and it felt like everyone seemed happy with it. Then in the second one, my character was just like a regular guy in the back with the rest of them, like, "Hey, can I throw a grenade? Can I kill someone, please?" And I didn't like that. I didn't want to make the picture — actually, I did turn it down. So then Stallone kind of came to me and said, "I'm going to think of something," and he came up with a couple of ideas. This was one.

Did you have a say in exactly how much his story matches yours?

It was all in there. I was a bouncer, and it had to do with Grace (Jones) — he fell in love with some girl who dances at a disco, which is kind of like Grace and the whole thing, right? Look, Sly made a career out of making his whole life into movies and it worked for him, so I did a little bit for me, I guess, and I guess it worked pretty well.

Was it common for you guys to slip in Stallone impressions on set when he wasn't around?

Yeah, and the Arnold (Schwarzenegger) one, too. "I'll be back" (laughs). I was at Comic-Con with them, and you're sitting at the panel with Arnold and Stallone, and you just don't say a word because what are you going to do? These guys are so famous that they're like almost beyond famous. Anybody can do their voice, everybody knows them in the whole world — in the fricking jungles of Malaysia, even.

When you're bringing in all these new characters, beefing up the cast, is there a worry that you're going to get crowded it out?

Yes, I think it weighs on you incredibly. Part of the filmmakers' and the writers' task is how do you give 10 co-stars enough screen time for them not to get upset or feel like they're getting lost — or for the audience to get their dose of Chuck (Norris) or whoever they want to see, Dolph Lundgren or Terry Crews or Stallone — well, Stallone gets a lot of screen time (laughs).

"HILARIOUS AND HEARTFELT."
Peter Travers, Rolling Stone

"A SMART, ROMANTIC COMEDY FOR GROWN-UPS."
Joe Neumaier, DAILY NEWS

A new comedy from the director of "The Devil Wears Prada"

Meryl STREEP Tommy Lee JONES Steve CARELL
Hope Springs

COLUMBIA PICTURES MANDATE PICTURES METRO-GOLDWYN-MAYER PICTURES PRESENT A FILM 360/ESCAPE ARTISTS PRODUCTION A DAVID FRANKEL FILM MERYL STREEP TOMMY LEE JONES STEVE CARELL "HOPE SPRINGS"
DIRECTOR OF PHOTOGRAPHY TODD BANKS EDITED BY BOYMON CASADY MUSIC BY THEODORE SHAPIRO CO-PRODUCER KELLI KONOP PRODUCERS BRIAN BELL LAWRENCE GREY EXECUTIVE PRODUCERS STEVE TISCH JASON BLUMENTHAL NATHAN KAHANE JESSIE NELSON WRITTEN BY VANESSA TAYLOR PRODUCED BY TODD BLACK
DIRECTED BY DAVID FRANKEL HopeSprings-Movie.ca COLUMBIA PICTURES

Now Playing Check Theatre Directory or SonyPicturesReleasing.ca for Locations and Showtimes

SONY make.believe

COLIN FARRELL KATE BECKINSALE JESSICA BIEL
TOTAL RECALL
IS IT REAL IS IT RECALL

COLUMBIA PICTURES PRESENTS AN ORIGINAL FILM PRODUCTION A FILM BY LEN WISEMAN "TOTAL RECALL" BRYAN CRANSTON JOHN CHO AND BILL NIGHY
MUSIC BY HARRY GREGSON-WILLIAMS DIRECTOR OF PHOTOGRAPHY PAUL CAMERON, A.C.S. KIDNEY LEN WISEMAN INSPIRED BY THE SHORT STORY BY PHILIP K. DICK SCREENPLAY BY RONALD SHUSETT & DAN O'BANNON AND JON POVILL AND KURT WIMMER
14A VIOLENCE STORY BY KURT WIMMER AND MARK BOMBACK PRODUCED BY NEAL H. MORITZ TOBY JAFFE DIRECTED BY LEN WISEMAN
ORIGINAL FILM WelcomeToRecall.ca Soundtrack on Hollywood Records Sony Entertainment Network COLUMBIA PICTURES

NOW PLAYING Check Theatre Directory or SonyPicturesReleasing.ca for Locations and Showtimes

SONY make.believe

THESE PAGES COVER MOVIE START TIMES FROM FRI., AUG. 10 TO THURS., AUG. 16. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

Winnipeg

Total Recall. HANDOUT

Cinema City Northgate 1399 McPhillips Street, 204-334-6234

Carry on Jatta (PG) Fri-Sat 1:10-4-7:10-10 Sun-Thu 1:50-5-7:50
The Hunger Games (14A) Fri-Sat 1:10-4:10-7:10-10:10 Sun-Thu 2:20-5:30-8:30
Katy Perry: Part of Me (G) Fri-Thu 1:50-4:30-6:50-9:10
Men in Black 3 (PG) Fri-Thu 2-4:40-7:30-9:50
People Like Us (PG) Fri-Thu 2:10-4:50-7:30-10:10
The Pirates! Band of Misfits (G) Fri-Thu 1:40-3:50-5:50-8-10:05
Prometheus (14A) Fri-Thu 1:20-4-7:20-10
Snow White and the Huntsman (PG) Fri-Thu 1:30-4:20-7-9:40

Cinematheque 304-100 Arthur, 204-925-3457

Beyond the Black Rainbow (STC) Fri 9 Sat 11:30 Sun 7 Thu 9
Big Boys Gone Bananas! (STC) Fri-Sat 7 Sun 2 Wed-Thu 7
Le Gamin au vélo (STC) Mon 7
No Films Showing Today (STC) Tue

City Cinema - Northgate 1399 McPhillips, 204-334-6234

Carry on Jatta (PG) Fri-Sat 1:10-4-7:10-10 Sun-Thu 1:50-5-7:50
The Hunger Games (14A) Fri-Thu 1:10-4:10-7:10-10:10
Katy Perry: Part of Me (G) Fri-Thu 1:50-4:30-6:50-9:10
Men in Black 3 (PG) Fri-Thu 2-4:40-7:30-9:50
People Like Us (PG) Fri-Thu 2:10-4:50-7:30-10:10
The Pirates! Band of Misfits (G) Fri-Thu 1:40-3:50-5:50-8-10:05
Prometheus (14A) Fri-Thu 1:20-4-7:20-10
Snow White and the Huntsman (PG) Fri-Thu 1:30-4:20-7-9:40

Famous Players Kildonan Place 1555 Regent Ave W, 204-663-2166

The Bourne Legacy (PG) No Passes Fri-Thu 1:20-4:10-7:05-10:05
The Campaign (14A) No Passes Fri-Thu 2:10-4:30-7:40-9:50
The Dark Knight Rises (STC) Fri-Thu 1:30-5-8:30
Diary of a Wimpy Kid: Dog Days (G) Fri-Thu 2-4:50-7:25-9:40
Ice Age: Continental Drift (G) Fri-Thu 1:50-4:40-7:10-9:30
Total Recall (14A) Fri-Thu 1:40-4:20-7:20-10

Grant Park 8 Cinemas 1120 Grant Ave., 204-453-4084

The Best Exotic Marigold Hotel (PG) Dolby Stereo Digital, Stadium Seating Fri 3:40-6:30 Dolby Stereo Digital, Stadium Seating Sat-Sun 12:30-3:40-6:30 Dolby Stereo Digital, Stadium Seating Mon-Thu 3:40-6:30
The Bourne Legacy (PG) Dolby Stereo Digital, Stadium Seating, No Passes Fri 3:45-6:50-9:50 Dolby Stereo Digital, Stadium Seating, No Passes Sat-Sun 12:45-3:45-6:50-9:50 Dolby Stereo Digital, Stadium Seating, No Passes Mon-Thu 3:45-6:50-9:50
The Campaign (14A) Dolby Stereo Digital, Stadium Seating Fri 4:20-7:20-10 Dolby Stereo Digital, Stadium Seating Sat-Sun 1-4:20-7:20-10 Dolby Stereo Digital, Stadium Seating Mon-Thu 4:20-7:20-10
The Dark Knight Rises (STC) Dolby Stereo Digital, Stadium Seating Fri 4-7:30-9:15 Dolby Stereo Digital, Stadium Seating Sat-Sun 12:35-4-7:30-9:15 Dolby Stereo Digital, Stadium Seating Mon-Thu 4-7:30-9:15
Diary of a Wimpy Kid: Dog Days (G) Dolby Stereo Digital, Stadium Seating Fri 4:10-7:10-9:30 Dolby Stereo Digital, Stadium Seating Sat-Sun 12:20-4:10-7:10-9:30 Dolby Stereo Digital, Stadium Seating Mon-Tue 4:10-7:10-9:30 Dolby Stereo Digital, Stadium Seating Wed-Thu 4:10-9:30
Hope Springs (14A) Dolby Stereo Digital, Stadium Seating Fri 3:55-6:40-9:20 Dolby Stereo Digital, Stadium Seating Sat-Sun 12:50-3:55-6:40-9:20 Dolby Stereo Digital, Stadium Seating Mon-Thu 3:55-6:40-9:20
Ice Age: Continental Drift (G) Dolby Stereo Digital, Stadium Seating Sat-Sun 12:55
Ice Age: Continental Drift 3D (G) Dolby Stereo Digital, Stadium Seating Fri-Tue 4:15-7
The Odd Life of Timothy Green (G) Dolby Stereo Digital, Stadium Seating Wed-Thu 4:15-7-9:40
Total Recall (14A) Dolby Stereo Digital, Stadium Seating, No Passes Fri 3:35-7:05-9:55 Dolby Stereo Digital, Stadium Seating, No Passes Sat-Sun 12:15-3:35-7:05-9:55 Dolby Stereo Digital, Stadium Seating, No Passes Mon-Thu 3:35-7:05-9:55
The Watch (18A) Dolby Stereo Digital, Stadium Seating Fri-Tue 9:40

IMAX Theatre at Portage Place Y003-393 Portage Avenue, 204-956-4629

Born to Be Wild 3D (G) Wed 11:15
The Dark Knight Rises: The IMAX Experience (STC) Fri 12:15-3:30-6:45-10 Sat-Sun 12-3:15-6:30-9:45 Mon-Thu 12:15-3:30-6:45-10
Hubble 3D (G) Mon-Tue 11:15
To the Arctic 3D (STC) Fri 11:15 Tue 10 Thu 11:15

Landmark Globe Cinema 393 Portage Ave, 204-943-1583

Hope Springs (14A) Fri-Sun 1:15-3:45-7:15-9:45 Mon-Thu 7:15-9:45
The Intouchables (14A) Fri-Sun 1-3:40-7-9:40 Mon-Thu 7-9:40
The Odd Life of Timothy Green (G) Wed-Thu 7:30-9:50
Safety Not Guaranteed (STC) Fri-Sun 1:20-3:30-7:20-9:30 Mon-Tue 7:20-9:30

Landmark Towne Cinema 8 301 Notre Dame Avenue, 204-947-2848

The Amazing Spider-Man (14A) Fri 3:45-6:45-9:40 Sat-Sun 12:45-3:45-6:45-9:40 Mon-Thu 3:45-6:45-9:40
The Bourne Legacy (PG) Fri 3:45-6:45-9:40 Sat-Sun 12:45-3:45-6:45-9:40 Mon-Thu 3:45-6:45-9:40
The Campaign (14A) Fri 3:30-7:15-9:20 Sat-Sun 1:15-3:30-7:15-9:20 Mon-Thu 3:30-7:15-9:20
The Dark Knight Rises (STC) Fri-Thu 3:20-7:15
Diary of a Wimpy Kid: Dog Days (G) Fri 3:30-7-9:15 Sat-Sun 1-3:30-7-9:15 Mon-Thu 3:30-7-9:15
Ice Age: Continental Drift (G) Fri 3:30-7 Sat-Sun 1-3:30-7 Mon-Thu 3:30-7
Step Up Revolution (STC) Sat-Sun 3:45
Step Up Revolution 3D (STC) Fri 3:45-7:15 Sat-Sun 1:15-7:15 Mon-Thu 3:45-7:15
Ted (18A) Fri-Thu 9:30
Total Recall (14A) Fri 3:45-7-9:40 Sat-Sun 12:45-3:45-7-9:40 Mon-Thu 3:45-7-9:40
The Watch (18A) Fri-Thu 9:15

SilverCity Polo Park 815 St. James Street, 204-774-1001

The Amazing Spider-Man (14A) Fri-Thu 1:20-4:40-7:50-10:50
The Bourne Legacy (PG) No Passes Fri-Wed 12:50-3:55-7-10:10 No Passes Thu 12:50-3:50-7-10:10 No Passes Fri-Thu 1:30-4:35-7:40-10:45
Brave (PG) Fri-Tue 12:45-3:15-5:45 Wed 1:30-4:05 Thu 12:45-3:15-5:45
The Campaign (14A) No Passes Fri-Tue 1:35-3:50-6:05-8:25-10:35 No Passes Wed-Thu 3:50-6:05-8:25-10:35
Star & Strollers Screening, No Passes Wed-Thu 1
The Dark Knight Rises (STC) Fri-Sun 1:10-4:45-8:20 Mon 1-4:45-8:20 Tue-Thu 1:10-4:45-8:20
The Dark Knight Rises: The IMAX Experience (STC) Fri-Thu 12:20-3:40-7:10-10:30
Diary of a Wimpy Kid: Dog Days (G) Fri-Thu 12:30-2:50-5:15-7:55-10:15
Hope Springs (14A) No Passes Fri 2-4:45-7:35-10 No Passes Sat 11:35-2-4:45-7:35-10 No Passes Sun-Thu 2-4:45-7:35-10
Ice Age: Continental Drift (G) Fri-Thu 12:25
Ice Age: Continental Drift 3D (G) Fri-Thu 2:50-5:20-7:45
Magic Mike (14A) Fri-Tue 8:15-10:50 Wed 10 Thu 8:15-10:50
The Odd Life of Timothy Green (G) No Passes Wed-Thu 1:40-4:15-7-9:35
Over the Hedge (G) Sat 11
Singin' in the Rain (STC) Wed 7
Step Up Revolution 3D (STC) Fri-Wed 12:40-3:10-5:40-8:05-10:40 Thu 2-4:35-10
Ted (18A) Fri-Thu 12:20-2:45-5:15-7:45-10:25
Total Recall (14A) Fri 2:20-5:10-8-10:50 Sat 11:30-2:20-5:10-8-10:50 Sun-Wed 2:20-5:10-8-10:50 Thu 1:30-4:15-7:15-10 Fri-Sun 1:50-4:40-7:30-10:20 Mon 1:30-4:15-10:20 Tue 1:50-4:40-7:30-10:20
The Watch (18A) Fri-Thu 10:05

SilverCity St. Vital 110-1225 St Mary's Rd, 204-256-3901

The Amazing Spider-Man 3D (14A) Fri-Sun 1:05-4:10-7:20-10:25 Mon-Thu 1:15-4:15-7:25-10:25
The Bourne Legacy (PG) No Passes Fri-Thu 1:15-4:20-7:25-10:30
Brave (PG) Fri-Sun 12:45-3:05-5:35 Mon-Thu 3-5:25
The Campaign (14A) No Passes Fri 1:25-3:35-5:50-8:05-10:20 No Passes Sat 11:10-1:25-3:35-5:50-8:05-10:20 No Passes Sun 1:25-3:35-5:50-8:05-10:20 No Passes Mon-Thu 1:20-3:35-5:50-8:05-10:20
The Dark Knight Rises (STC) Fri-Sun 2:45-6:35-8:10-10:15 Mon-Thu 2:45-6:45-8-10:20
Diary of a Wimpy Kid: Dog Days (G) Fri 12:55-3:15-5:30-8-10:15 Sat 11:05-12:55-3:15-5:30-8-10:15 Sun 12:55-3:15-5:30-8-10:15 Mon-Thu 2:35-4:55-7:30-9:50
Hope Springs (14A) No Passes Fri 2-4:30-7:15-9:45 No Passes Sat 11:30-2-4:30-7:15-9:45 No Passes Sun-Wed 2-4:30-7:15-9:45 No Passes Thu 4:30-7:15-9:45 Star & Strollers Screening, No Passes Thu 1
Ice Age: Continental Drift (G) Fri-Sun 12:50 Mon-Thu 2:35
Ice Age: Continental Drift 3D (G) Fri-Sun 3:05-5:25-7:50 Mon-Thu 4:50-7:10
Over the Hedge (G) Sat 11
Ted (18A) Fri-Sun 12:45-3:10-5:40-8:05-10:30 Mon 1:30-4-10:30 Tue-Thu 3-5:30-7:55-10:25
Total Recall (14A) Fri 1:50-4:45-7:35-10:35 Sat 11:05-1:50-4:45-7:35-10:35 Sun 1:50-4:45-7:35-10:35 Mon-Thu 2:05-4:55-7:45-10:30
The Watch (18A) Fri-Sun 10:10 Mon-Thu 9:45

Aniston rep denies couple is calling it quits

Jennifer Aniston and Justin

Despite a report in Star magazine that Jennifer Aniston and Justin Theroux had called it quits after a year and a half of dating, the couple is reportedly still very much together, according to Wonderwall. "It's once again just another fabrication to sell magazines and has no relationship to reality," a rep for Aniston says. In fact, while Aniston's been shooting a new movie in North Carolina, Theroux has reportedly been spending time with her closest friends, grabbing dinner in New York with Courteney Cox and Laura Dern.

Pattinson opens line of communication — in the form of a drunk-dial

Robert Pattinson has reportedly started reaching out to estranged girlfriend Kristen Stewart — but not in the healthiest of ways.

"He's been drinking like crazy," a source tells In Touch magazine. "He's been drunk-dialing Kristen."

Pattinson had reportedly been giving Stewart the silent treatment in the wake of revelations of her infidelity, but apparently now he's looking to talk — sort of.

"Rob had been avoiding her calls, but now they're talking — well, they're barely talking," the source says.

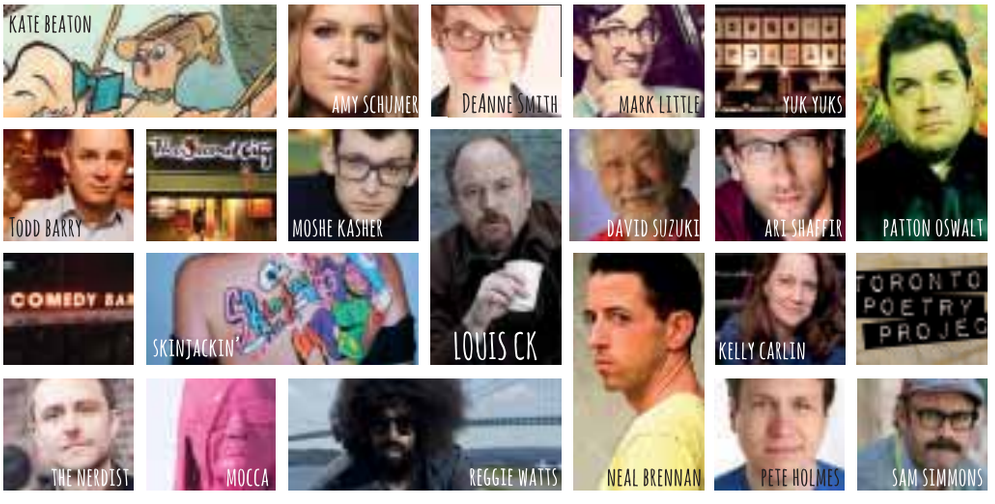
"There's a lot of dead silence on the phone because there's not a lot to talk about."

THE METRO NEWS AND JFL42 FESTIVAL CONTEST club metro

★★★ WIN A TRIP WITH AIR CANADA TO THE JFL42 FESTIVAL IN TORONTO! ★★★

Grand Prize: 2 return economy flights to Toronto courtesy of Air Canada, four nights accommodation at the Pantages Hotel and two PREMIUM passes to JFL42, a brand new interactive Festival.

GO TO WWW.CLUBMETRO.COM TO ENTER TODAY!



SEE LOUIS CK LIVE IN CONCERT PLUS 41 OTHER COOL THINGS!

COMEDY IS JUST THE BEGINNING

JFL42

In association with AIR CANADA

JFL42 is an all-new interactive festival in Toronto featuring 42 cool things from the worlds of comedy, music, art, technology, activism and more, and you'll have access to all of it! The interactive pass lets you connect, reserve and check-in. Come join the experiment! Go to JFL42.COM, grab yourself a pass, and start planning your Festival.

WHO WILL THE REMAINING 20 BE? STAY TUNED, MORE ANNOUNCEMENTS TO COME!

SEPT. 21-28 » TORONTO » 1 PASS $99 » ON SALE NOW AT JFL42.COM!

Pantages Hotel Toronto | Ontario | TORONTO.com | SiriusXM | IN ASSOCIATION WITH AIR CANADA

Contest closes September 10, 2012. Open to Canadian residents over the age of majority, excluding Quebec and the territories. No purchase necessary. Odds of winning depend on the number of eligible entries. Go to www.clubmetro.com to enter and fill out entry form. There is one (1) Grand Prize of a trip for two to the 2012 edition of JFL42 in Toronto, which includes return airfare on Air Canada routes within Canada and four nights of hotel accommodation, valued at approximately $5,000 CAD (based upon departure from Halifax, actual value may vary depending upon time and year of departure).

A Just For Laughs and Live Nation Production

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

THE WORD
Monica Weymouth
scene@metronews.ca

A delayed X Files romance?

Earlier this week, Gillian Anderson parted ways with her longtime boyfriend and father of her two sons, Mark Griffiths.

She's not exactly a to-death-do-we-part type of girl — she's previously married and divorced twice — but rumors are swirling that there are special circumstances to this split.

According to gossip blog Celebrity Dirty Laundry, the actress is dating her former X Files costar, the recently officially single David Duchovny.

Sources tell the site they "have been in a serious relationship for some time now," and that Anderson and her children have already moved in with Duchovny in Los Angeles.

Before you X Files fans get too excited, a word from Duchovny's rep: "It is not true," he says in a terse statement.

The thing is, we should probably believe him. But on behalf of all the Scully and Mulder goldfish couples out there, we're not giving up hope just yet.

This recipe serves four. SHAPE.COM

Give them a delicious reason to say 'Opa!'

Pan-Sautéed Salmon Over Mediterranean Vegetables. This healthy recipe is inspired by some popular Greek flavours

The ancient Greek physician Hippocrates stated, "Let thy food be thy medicine and thy medicine be thy food".

Hippocrates, the father of modern medicine, used spices and herbs from the Greek countryside for his medical healing.

Greeks have been cooking on the open grill for thousands of years. They are famous for both their grilled vegetables and their grilled fish. Grilling is also one of the healthiest ways of cooking food.

Main ingredients of Greek cuisine are olive oil, vegetables and herbs, grains and bread, wine, fish, and various meats. Also important are olives, feta cheese, eggplant, courgette (zucchini), and yogurt. Greek desserts are characterized by nuts and honey.

This heart-healthy Mediterranean recipe helps you get your vegetables in, along with providing a nice amount of fibre and omega-3s.

1. Heat 1/2 teaspoon of oil in a small non-stick skillet over low heat. Add prosciutto. Sauté for 5 minutes, or until crispy. Stir in garlic; turn off heat.

2. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add onion and mushrooms and sauté for 8-10 minutes, or until golden. Stir in tomatoes and cook for 3 minutes. Add spinach and basil and cook for 3 more minutes. Stir in prosciutto-garlic mixture. Cover; keep warm. Season salmon fillets with salt and pepper.

3. Heat remaining 1/2 teaspoon of oil in the same skillet used to cook prosciutto over medium heat. Add salmon, skin-side down. Cook, covered, for 10-12 minutes or until fish flakes easily. Use a spatula to loosen fish from its skin, which will stick to skillet.

4. Divide vegetables among 4 plates, top with salmon and serve immediately.

TASTE OF THE DANFORTH/SHAPE.COM

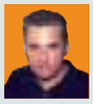
Ingredients

Start to finish: 30 minutes

- 3 olive oil, divided
- 2 prosciutto, diced
- 3 fresh garlic, minced
- 1 1/2 red onion, chopped
- 10 button mushrooms, stems removed, caps thinly-sliced
- 4 plum tomatoes, cored and diced
- 4 (packed) spinach leaves, chopped
- 1 fresh basil leaves, torn
- 4 4-oz salmon fillets, about 1-inch thick
- Salt and freshly ground black pepper to taste

Liquid Assets

Greece in a wine glass



LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

When it comes to undiscovered wine countries, Greece is the word.

While you could make a decent argument for China and somewhere obscure in South America or Eastern Europe, the Greeks are often credited for getting the wine industry rolling by being the first to ferment grape juice a few centuries ago.

Problem is, Greek wines come with more baggage than a family holiday with the Kardashian sisters.

Though the good stuff is Mediterranean in style, I'm betting the only wine you've ever tried from Greece is the polarizing, pine-resonated Retsina — which has a taste that can only be acquired after copious shots of Ouzo.

As if freaky flavours aren't enough of a problem, the old adage "It's all Greek to me" certainly applies to most of the country's wine labels. Even if you can pronounce a word with five vowels, you would still need a UN translator to understand what it means.

Selection varies dramatically across the country so it's hard to recommend a go-to wine. Look for one made by one of its better producers (Boutari or D. Kourtakis) and with one of its endogenous classic grapes — agiorgitiko for red and moschofilero for white.

"Opa!"

LIFE

On the Web

Cajun-style potato chips? How about crab seasoning? The U.S. is a land of many chip varieties

GET TREATED LIKE ROYALTY

The Royal Fork Buffet has been serving Winnipeggers for 23 years — and for all 23 years, Rose Woods has helped.

"I took my first job here in 1989, making salads and baking desserts," Woods remembers. "It was part-time work, in the evenings, when my daughter was young."

Today, Woods is general manager, overseeing all aspects of the restaurant's operation. And she still loves coming to work.

"I like the concept of the Royal Fork," she says. "It's flexible. We don't serve the same thing all the time. We rotate our dine-in menu throughout the week, serving different specials daily. Different people come in for their favourites. The atmosphere is always fresh."

So is the food. The centrepiece of the Royal Fork is its grand buffet, offering over 100 delectable items inspired by Canadian, Chinese, and Japanese cuisine. Customers build the dinner of their dreams, sampling from home-style cooking, like roast beef, ham, and fried chicken; Chinese favourites, like dumplings, spring rolls, chow mein, and chicken balls; and now, sushi and bubble tea, too.

"The buffet lets our customers try new things," Woods says. "If, for example, they've never tried sushi before, it lets them sample a few pieces, instead of spending $30 on a meal they may not like. If they're counting calories, or have dietary restrictions, they'll find lots of options, too. And if they have young children, well, I guarantee our buffet's got something for even the pickiest eater."

Over the years, Woods has gotten to know her customers well.

"We have a lot of regulars," she says. "It's been a pleasure to serve them great food for so many years — and to know that we'll be seeing them again soon. There's no greater compliment our chef can receive than a return visit."

MORE THAN YOUR STANDARD BUFFET

Chi Zhang is a chartered accountant and has been part of the Royal Fork's management team for six months. But he has been eating here for 10 years.

"I have a big appetite," he says. "At the Royal Fork, you always get good value for what you pay."

Featuring a wide open, 315-seat dining area and a 50-item buffet, the Royal Fork has something for everyone. That's why customers like Zhang keep coming back — and have been for more than 20 years.

"Busy place. That's always the first thing that went through my mind when I visited the Royal Fork," Zhang says. "But it's a big place, too. Even on the busiest nights, you can find a quiet, cosy place to have your meal. And if you're bringing your kids along, they'll have space to move around a bit. It's the perfect mix."

Children under 12 eat at the Royal Fork at a discounted rate. The restaurant is also popular with Winnipeg's seniors, who enjoy a 10 per cent discount of their own. And they have lots of meal options to choose from.

Along with its buffet, the Royal Fork offers rotating dine-in daily specials, including made-from-scratch salads and delicious soups, fried chicken, pizza, meatloaf, shrimp, oysters, hot vegetables, gravy, whipped potatoes, perogies, fresh-baked cinnamon rolls and muffins, ice cream, and a variety of other desserts. Ingredients are sourced locally.

There is even a take-out menu, meaning you can enjoy the best of the Royal Fork in the comfort of your own home.

Popular as it is, the restaurant continues to evolve. The Royal Fork recently completed an extensive interior renovation, modernizing its look and adding three new menu options: Sushi; Chinese food; and bubble tea. All have proven big hits.

"Offering sushi, Chinese food, and bubble tea makes sense for us," says Zhang. "When I visit buffet restaurants in Toronto or Vancouver, I see these items on the menu. Winnipeg is a world-class city, too, so our customers deserve the same selection here as anyone else." What the customer wants, the customer gets at the Royal Fork.

For 23 years, the Royal Fork Buffet has given Winnipeggers great food — and great jobs, too.

"We're particularly proud to be an employer of young people," says Rose Woods, the restaurant's general manager. "We hire many high school students for positions as bus boys and greeters. Over time, they progress to more complex positions: Serving food, working in the kitchen, and, eventually, management. We offer flexible hours, making it easy for a student to balance work and studies."

Many of the Royal Fork's employees stay for years. Jenny Reid is one of them.

"I started working at the Royal Fork when I was still in high school," Reid says. "Working in a restaurant isn't always easy, but when your co-workers are great and the customers are happy, it is one of the most fun jobs you can have. Though I'm now in university, I'm still an employee here. I've been lucky to have a job that fits so well into my university schedule."

Parents like the Royal Fork, too. "We're a family restaurant, so we're not open that late," Woods says. "Parents know that their kids can work here without being out until 2am. It brings peace of mind."

HOURS OF OPERATION

The Royal Fork Buffet is open seven days a week, and holidays.

Monday to Thursday:
Lunch: 11 a.m. to 4 p.m.
Dinner: 4-8:30 p.m.

Friday & Saturday
Lunch: 11 a.m. to 4 p.m.
Dinner: 4-9 p.m.

Sunday:
Brunch: 11 a.m. to 2 p.m.
Dinner: 2-8 p.m.

NEED TO KNOW

The Royal Fork Buffet is located in Unit 900, 1615 Regent Ave. West. To learn more about the restaurant and its daily specials, visit royalforkwinnipeg.com, or connect on Facebook at facebook.com/pages/Royal Fork Winnipeg.

To contact the Royal Fork directly, or to place a take-out order, phone 204-668-1960 or email royalfork@royalforkwinnipeg.com.

Royal Fork Buffet

NOW OPEN

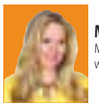
NOW WITH:
- SUSHI
- BUBBLE TEA
- CHINESE FOOD

Redefining Variety

Unit 900-1615 Regent Ave. W
(204) 668-1960
www.royalforkwinnipeg.com

$2.00 OFF REGULAR LUNCH OR DINNER
(Adults & Seniors only. One coupon per person, not valid on Holidays)
Expires September 15, 2012.

Have a few gaps in your schedule you're looking to fill?
Whether you're hoping to dance, drink or just relax, check out these hot upcoming events.



MIX OF SIX
Meghan Duffy
winnipeg@metronews.ca

Chop it up

If you are looking for a modern steakhouse to wine and dine your lady, Chop Steakhouse and Bar is a solid pick. Their beef is aged 28 days, making it tender and delicious, and the seafood is succulent and fresh. All breads and desserts are handmade in house. My faves are the steak bites, which are marinated in a sweet but salty mixture served with sweet Dijon barbeque dip and horseradish aioli — so good for only $12.95.
For all you wine lovers out there — beware because the list more than likely has all your favourite bottles.

Chinatown lowdown

Ready to party in the streets of Winnipeg this weekend? If not, be prepared that hundreds will be out for the annual Chinatown street festival which kicks off this Saturday at 1 p.m. and runs until about 8 p.m. Sunday. The street celebration begins at 1 p.m. and wraps up at 5 p.m. Which streets, you ask? King Street between James and Alexander is the official meeting spot where you will see endless stage shows, kung fu demonstrations, and loads live music.

Folklorama is here!

If you call yourself a Winnipegger and have never experienced Folklorama, something's gotta change. This festival, which was established in 1970, draws visitors from all over the world, hence why they have 20,000 volunteers each year — no joke. The options for what to check out truly are endless, as there are 40 different shows you can potentially see. Your best bet is to log on to their website, or pick up a schedule, to see what is happening in your neck of the woods. Arrive hungry.

Music at the Millennium

On Aug. 14, the Winnipeg Symphony Orchestra is putting on a free concert at noon in the Millennium Centre. If you work downtown, change up your noon hour lunch routine and stop by – nothing shows support like taking full advantage of a free concert put on by some of Winnipeg's best musicians. This free concert just so happens to be each and every Tuesday at 389 Main St.. On the menu this week is Elation Pauls on the violin and tickling the ivories is Darryl Friesen.

Down with Dave

Funnyman Dave Williamson is in town until Aug. 11 performing his hit stand up routine at Rumor's Restaurant and Comedy Club. He has back-to-back shows Friday and Saturday at 7:45 p.m. and 10:30 p.m. Dave's humour focuses on real life experiences from his childhood, interesting years at college, and his current role as a newly-wed and dad. Dave has a well-decorated wall of comedy festival winnings, and has opened for big acts such as Jimmy Fallon, Jim Gaffigan and even Gilbert Gottfried.

Even your auntie will like it

I recently ventured down to the "world famous" Palomino Club for my sister's champagne birthday, and it was a full house! Ladies were busting a move on the dance floor, men were slugging back the rum and cola's like they were going outta style. Everyone was there for either a good time with their friends, or hoping to meet the next best thing. Even my Auntie, who came along for the ride, had a blast. This weekend Mother Groove, a Winnipeg based blues-flavored rock band, will be entertaining the crowd starting at 8 p.m.

SALES REPRESENTATIVE

Metro Winnipeg is seeking an aggressive, results-oriented Advertising Sales Representative.

The ideal candidate will utilize creative strategies to customize a broad range of advertising options, including print and online, to support clients in achieving their business objectives. Sales representatives must possess the flexibility and poise necessary to reach out and develop relationships with local businesses.

In addition to a full benefits package and dynamic work environment, Metro offers results-oriented sales representatives the opportunity to achieve high rewards for successful performance.

REQUIREMENTS OF THE POSITION:

- Minimum 2 years of demonstrated success in advertising sales or business-to-business sales.
- Excellent networking, organizational and time management skills.
- Outstanding verbal and written communication skills, including proficiency in Microsoft Office.
- A self-motivated desire to develop new business.
- Some college education or relevant post-secondary training.
- Valid drivers license and a vehicle.

**Individuals interested and having the skills described are requested to submit their resume and cover letter via email to hr@metronews.ca no later than August 20, 2012.
PLEASE QUOTE: "SALES REPRESENTATIVE-Winnipeg" in the subject line.
All submissions will be treated as confidential.**

metro

SAHEL FOOD CRISIS
URGENT HELP NEEDED
$50 = Milk to treat a severely malnourished child for three weeks
$100 = Feed a mother and child for five months
$250 = Feed five families for six weeks

HUMANITARIAN COALITION
Together saving more lives
care OXFAM Canada OXFAM Québec Plan Save the Children

The cost of this ad has been generously donated by: metro

CRISIS ALERT:
Donate online at together.ca
or call 1-800-464-9154

WagJag.com

DEAL OF THE DAY!

GET DEALS ON YOUR PHONE: Made for iPhone

Multiple Offers

THE HOCKEY NEWS: TWO OPTIONS
OPTION 1: $23 FOR A 1-YEAR SUBSCRIPTION TO THE HOCKEY NEWS | OPTION 2: $6 FOR A 4-ISSUE SUBSCRIPTION TO THE HOCKEY NEWS FULLY LOADED

Regular Price: $53

You Save: $30

Discount: 57%

$39 FOR A 14-HOUR ONLINE DIGITAL PHOTOGRAPHY OR ADOBE CERTIFICATION COURSE FROM PHOTO ART STUDIO (A $450 VALUE)

$39 FOR 3 HOURS OF CLEANING FROM PERFECTLY CLEAN CLEANING SERVICES (A $105 VALUE)

$59 FOR AN APP BUILDING COURSE FOR ANDROID AND IPHONE FROM ECAREERS (A $478 VALUE)

WagJag Grocers

$12 FOR A PACK OF PAMPERS SPLASHERS DIAPERS PLUS A $10 WELL.CA GIFT CARD (A $26.99 VALUE) – SHIPPING INCLUDED

Brought to you by: Well.ca

Visit: WagJag.com

Follow us on: facebook.com/wagjag @wagjagwinnipeg

Hurry to WagJag.com to purchase local deals before time runs out.

SPORTS 4

NHL

Bettman sets countdown for player lockout

Gary Bettman says the NHL will lock out its players if a new collective bargaining agreement can't be reached by Sept. 15.

The NHL commissioner delivered that news to the NHL Players' Association during a bargaining session on Thursday.

Donald Fehr, the NHLPA's executive director, had said repeatedly that they could agree to proceed with a new season even if a new agreement wasn't in place when the current one expires.

However, that's not something Bettman and the NHL's owners are interested in pursuing.

Fehr is expected to deliver a counter-proposal to the league in Toronto next week.

THE ASSOCIATED PRESS

"Time is getting short and the owners are not prepared to operate under this collective bargaining agreement for another season."

NHL commissioner Gary Bettman.

Golf

McIlroy starts strong at PGA championship

Rory McIlroy began the PGA Championship in impressive fashion.

He wasn't the only one.

On a course softened by rain earlier in the week, McIlroy shot a 5-under 67 and was a stroke behind leader Carl Pettersson after Round 1. Tiger Woods looked sharp while making three straight birdies but finished with a 69.

Rory McIlroy shoots at Kiawah Island, S.C. Thursday. GETTY IMAGES

THE ASSOCIATED PRESS

Blue Jays just can't shake off struggles in Tampa Bay

MLB. Rays finish off decisive sweep of injury-ravaged Toronto club

Matt Moore pitched up to the lofty recent standards set by the Tampa Bay pitching staff. And when the Rays added some hits and runs, that made things look easy.

Moore threw six sharp innings, Jose Lobaton drove in three runs and the Rays beat the Toronto Blue Jays 7-1 Thursday for a three-game sweep.

"Our staff and our entire lineup right now, we're playing well," Moore said after winning in the finale of a six-game homestand. "It's a very good time for us in this clubhouse, and there's a lot of looking forward to going on the road right now."

Moore (9-7) gave up one run and two hits, retiring 14 straight batters during one stretch. He won his third straight start, striking out six and walking two.

That kind of pitching has become routine for the Rays, who have allowed more than one run in only six of their last 19 games.

Hitting has been another matter. The Rays took the AL's worst batting average (.230) and lowest scoring output (441 runs) into the game, but Evan Longoria drove in two runs and had three hits.

Jeff Keppinger also had three of Tampa Bay's 13 hits. The Rays got seven runs after scoring only nine in the first five games of the homestand.

Longoria, who missed 85 games with a partially torn hamstring, came inches short of his first home run since April. His RBI double in the eighth inning was close enough for the umpire crew to review before determining it had bounced off a rail and back into play.

THE ASSOCIATED PRESS

Thursday's game

Rays	Blue Jays
7	1

By the numbers

16

Tampa Bay has won 16 straight series against Toronto at Tropicana Field. The Rays have won six of eight games overall while the Blue Jays have lost 15 of their last 19.

Adeiny Hechavarria and Edwin Encarnacion stretch to catch an infield fly on Thursday in St. Petersburg, Fla. AL MESSERSCHMIDT/GETTY IMAGES

Injury

Lawrie taking his turn on DL

The Toronto Blue Jays have placed third baseman Brett Lawrie on the 15-day disabled list.

Lawrie — who has a possible rib cage injury — is on the DL retroactive to Aug. 4.

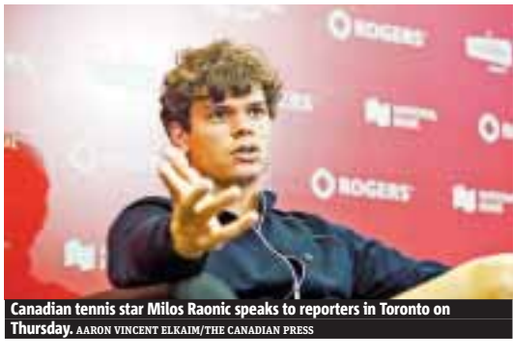
On Wednesday, Lawrie missed his fourth consecutive game because of a rib cage injury.

Lawrie had an MRI exam Tuesday night that showed some oblique inflammation.

THE CANADIAN PRESS

Brett Lawrie GETTY IMAGES FILE

Raonic moves on with Murray a no-go



Canadian tennis star Milos Raonic speaks to reporters in Toronto on Thursday. AARON VINCENT ELKAIM/THE CANADIAN PRESS

It wasn't an ideal way for Canadian favourite Milos Raonic to reach the quarter-finals of the Rogers Cup in Toronto.

The 21-year-old from nearby Thornhill advanced Thursday when recent Olympic tennis champion Andy Murray pulled out because of a knee injury, depleting the rain-delayed tournament of yet another elite competitor.

Murray hurt his left knee on Wednesday during his opening straight set victory against Italy's Flavio Cipolla. The win came just three days after Murray battled Roger Federer for gold at the Olympics.

The quick adjustment to hard courts at Rexall Centre proved too much for Murray, who was set to meet Raonic in third-round play Thursday evening.

For Raonic — the tournament's 16th seed — it means a spot in the quarter-finals for the first time in his career at a Masters tournament. He eased by Serbia's Viktor Troicki 6-3, 6-4 on Tuesday to book a meeting with Murray.

THE CANADIAN PRESS

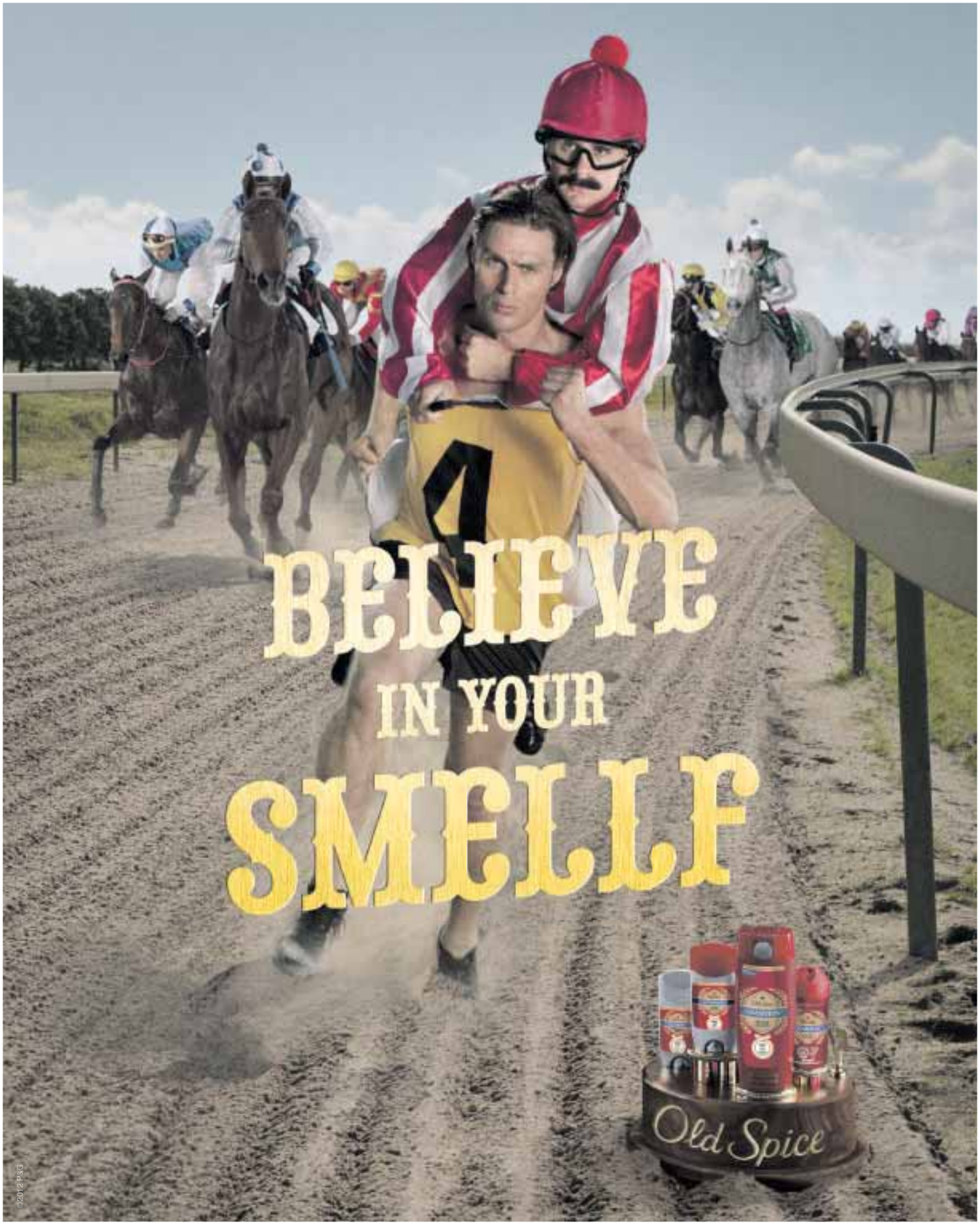
In Montreal

Hometown favourite Aleksandra Wozniak downed former world No. 1 Jelena Jankovic 6-2, 6-3 in second round play Thursday at the women's Rogers Cup.

- The Blainville, Que., native, who lost in four previous meetings with Jankovic, dominated the baseline duel from the start.

Mobile sports

Zsofia Balazs once saw a fish eat another fish while she swam an open-water race. Richard Weinberger spent much of a river race in Mexico wondering where the crocodiles were lurking. Canada's marathon swimmers at the Olympics both admit their sport's wild environments can make them feel uneasy. Scan the code for the story.


BELIEVE
IN YOUR
SMELL
Old Spice
©2012 P&G

An emotional Christine Sinclair celebrates with teammates after Canada won the bronze medal Thursday at the London Olympics. STEVE RUSSELL/TORSTAR NEWS SERVICE

Canadians cap off amazing turnaround

Women's soccer. Team captures Olympic bronze one year after crashing out of the World Cup

John Herdman has a picture of Christine Sinclair in his home office in Vancouver from last summer's World Cup. Canada's captain has her head in her hands, her face twisted in anger and despair.

When Herdman took over as coach of the Canadian women's soccer team last fall, he promised his players he would use that photo as his motivation.

"I'll never see a player of that quality in that state after a tournament," Herdman says he told them. "It's great to see Christine smiling, you know?"

The Canadians will be smiling for a long time to come after capturing a bronze medal with a 1-0 win over France at the London Summer Games on Thursday — the first time a Canadian soccer team has ever climbed an Olympic podium, and a remarkable turnaround for a squad that only a year ago was in tatters after its disastrous World Cup performance.

"Christine had the quote that's been inspiring us all: 'You can't be great until you've achieved great things. Getting the medal today was that great thing," Herdman said.

Just when the game appeared headed for extra time — which would have been bad news for the gassed Canadians — 28-year-old Diana Matheson pounced on Canada's lone scoring chance, running onto a deflection off a French defender from a Sophie Schmidt shot, firing a low hard ball past French goalkeeper Sarah Bouhaddi.

Rhian Wilkinson tossed the Oakville, Ont., native — all five-feet of her — over her shoulder like a sack of flour in celebration.

"I have no idea what happened. I can't remember it," Matheson said. "I think the ball came down the left and I was in the right place at the right time. The ball was right there, the net was basically open, it definitely was in slow motion."

The bronze marks the country's first Summer Games medal in a traditional team sport since a silver in men's basketball in 1936.

It was also the redemption the Canadians had been dreaming of after hitting what they say was "rock bottom" at the World Cup. They went winless, mathematically eliminated in a 4-0 thrashing by the same France squad they beat Thursday at City of Coventry Stadium.

THE CANADIAN PRESS

Quoted

"It felt like a dream. It feels unreal right now."

Midfielder Diana Matheson on scoring the bronze-medal clinching goal for Canada

Record goal tally

Christine Sinclair set the women's Olympic record for tournament goals scored with six, including a hat trick in the semifinals.

United States' Abby Wambach celebrates against Japan Thursday in London. THE ASSOCIATED PRESS

U.S. get revenge against Japan

The U.S. women's football team won its third straight Olympic gold medal Thursday, beating Japan 2-1 in a rematch of last year's World Cup final and avenging the most painful loss in its history.

Carli Lloyd scored early in both halves, Solo leaped and dived to make saves, and the entire roster found the redemption it had been seeking since that penalty kick shootout loss in Germany last summer.

Yuki Ogimi answered for Japan in the 63rd minute

Before 80,203 at Wembley Stadium, a record crowd for a women's football game at the Olympics, the teams put on a back-and-forth, don't-turn-your-head football showcase, proving again that these are the two premier teams in the world. Women's football is still in its formative stages in Britain, but the match proved more than worthy for the hallowed grounds of the beautiful game.

The U.S. team has won four of the five Olympic titles since women's soccer was introduced at the 1996 Atlanta Games, settling for mere silver at the 2000 Games in Sydney.

THE ASSOCIATED PRESS

Verbeek settles for second silver with a smile

Canadian freestyle wrestler Tonya Verbeek had been in this situation before.

She wrestled for gold in her Olympic debut at the 2004 Games in Athens and was devastated when she came up short. While Verbeek settled for second place again in London, rarely has a silver medallist seemed so happy after a loss.

"I promised myself that leading in to this Olympics, that I'm going to give my everything and the result will take care of itself," Verbeek said. "You have to embrace that."

She seemed at peace as she walked to the mat for Thursday's final against Olympic champion Saori Yoshida, who has simply dominated the 55-kilogram division over the last decade.

Verbeek looked around the packed ExCeL London North Arena 2 venue as the crowd buzzed with excitement. This would be her final Olympic bout and win or lose, she was going to take in the moment.

Quoted

"I really did feel good out there, I was enjoying it. I was soaking it all up. The stadium was incredible"

Tonya s on her final Olympic bout

Yoshida had the backing of the pro-Japanese crowd and there was a roar when she scored a three-point takedown in the first round. She outscored Verbeek again in the second round to win her third straight Olympic title.

It was Canada's second women's freestyle wrestling medal of the Games after B.C.'s Carol Huynh won bronze in the 48-kilo division on Wednesday.

Verbeek has yet to beat Yoshida in nine career meetings. The 29-year-old Japanese star has won the world title at 55 kilos nine of the last 10 years.

THE CANADIAN PRESS

Tonya Verbeek, right, competes against Saori Yoshida for the gold medal in 55-kg women's freestyle wrestling in London. PAUL SANCYA/THE ASSOCIATED PRESS

Diving

Benfeito flubs her 'most stable' dive

It's a moment that Meaghan Benfeito says will "haunt me forever."

After finishing second in the semifinals, the Montreal native flubbed her first dive in the final of the women's 10-metre platform event at the London Olympics on Thursday.

She was never able to recover from the miss and ended up finishing 11th.

"It's going to be awhile before I get over it because it's a dive I'm capable of doing extremely well," said Benfeito, who scored a dismal 49.5 on her forward 3 1/2 somersault.

"It's my most stable dive, my best, the one in which I have the most confidence. That's why it hurts. In practice, before the final, I was doing it well. I was ready to dive — maybe a bit too much, I think." THE CANADIAN PRESS

Meaghan Benfeito reacts Thursday in the women's 10-metre platform final. THE CANADIAN PRESS

Taking the battle to the air

Brazil's Diogo Silva, right, fights Iran's Mohammad Bagheri Motamed during their semifinal round match in men's 68-kg taekwondo competition on Thursday. Silva won the match but lost to Terrence Jennings of the U.S. for the bronze medal later in the day.

NG HAN GUAN/THE ASSOCIATED PRESS

3 to watch this weekend

Synchronized swimming

Canada will look to nudge its way onto the podium in the team synchronized swimming competition. The Canadians were fourth after Thursday's technical routine.
Time: 9 a.m., Friday
Channel: Sportsnet

Men's 4x100-metre relay

Usain Bolt has left Jamaican teammate Yohan Blake to settle for silver in the 100-and-200-metre sprints. Now the pair will team up in the 4x100 relay to try to cement Jamaica's status as the fastest country in the world.
Time: 3 p.m., Saturday
Channel: CTV

Men's basketball

It's a battle for world supremacy. The U.S., Argentina, Russia or Spain will take home gold. Suffice it to say, if it's not LeBron James and the rest of his NBA-stacked team, it will be a huge disappointment in the States.
Time: 5 a.m. (bronze), 9 a.m. (gold), Sunday.
Channel: CTV

Equestrian

Officials stand by decision to ban Canadian rider

The head of equestrian's world governing body is defending the decision to disqualify a Canadian rider's horse at the London Olympics.

Tiffany Foster's horse Victor was found to have hypersensitivity in his left front leg due to a small scratch shortly before Sunday's team competition.

While Canadian officials have argued Victor was fit to compete, FEI secretary general Ingmar De Vos said he believes disqualification was the right decision.

"Disqualification of an athlete will always spark speculation, but in the case of Tiffany Foster's horse Victor the protocol established very clearly that this was an obvious case of hypersensitivity," De Vos said in a statement Thursday.

"This was a unanimous decision, supported by four highly qualified veterinarians who specialize in testing for hypersensitivity using a system that has been monitoring FEI competitions since 2005."

Canada's appeal of the decision was denied and a devastated Foster was knocked out of the London Games, enraging her teammates.

THE CANADIAN PRESS

Day 13 results

MEDAL STANDINGS

238 of 302 total medal events

Nation	G	S	B	Tot
United States	39	25	26	90
China	37	24	19	80
Russia	12	21	23	56
Britain	25	13	14	52
Germany	10	16	11	37
Japan	5	14	14	33
France	8	9	12	29
Australia	6	13	10	29
South Korea	12	7	6	25
Italy	7	6	6	19
Netherlands	5	5	6	16
Canada	**1**	**5**	**10**	**16**
Hungary	8	4	3	15
Spain	2	7	2	11
Brazil	2	2	7	11
Belarus	3	3	4	10
New Zealand	3	2	5	10
Ukraine	3	1	6	10
Kazakhstan	6	0	3	9
Iran	4	4	1	9
Jamaica	3	3	3	9
Romania	2	5	2	9
Denmark	2	4	3	9
Poland	2	1	6	9
Cuba	3	3	2	8
Czech Republic	2	3	3	8
Kenya	2	2	3	7
Sweden	1	3	3	7
Colombia	0	3	3	6
North Korea	4	0	1	5
South Africa	3	1	1	5
Mexico	0	3	2	5
Azerbaijan	0	2	3	5
Croatia	2	1	1	4
Ethiopia	2	0	2	4
Slovenia	1	1	2	4
India	0	1	3	4
Slovakia	0	1	3	4
Switzerland	2	1	0	3
Georgia	1	1	1	3
Norway	1	1	1	3
Armenia	0	1	2	3
Belgium	0	1	2	3
Mongolia	0	1	2	3
Dominican Republic	1	1	0	2
Ireland	1	0	1	2
Lithuania	1	0	1	2
Turkey	1	0	1	2
Egypt	0	2	0	2
Estonia	0	1	1	2
Indonesia	0	1	1	2
Malaysia	0	1	1	2
Serbia	0	1	1	2
Taiwan	0	1	1	2
Thailand	0	1	1	2

WHAT CANADA DID

Thursday at the 2012 London Olympics

ATHLETICS

Men's decathlon — Damian Warner set a personal best score of 8,442 points to finish fifth overall in the event — five points out of fourth place.
Women's 800 — Jessica Smith, North Vancouver, B.C., failed to advanced after placing 22nd overall in the semifinals (2:01.90).
Women's javelin — Elizabeth Gleadle, Vancouver, was 12th in the final with a best throw of 58.78 metres.

CANOE/KAYAK

Women's kayak singles 500 — Emilie Fournel, Lachine, Que., finished sixth in the B-final with a time of 1:56.058.

CYCLING

Men's BMX — Tory Nyhaug of Coquitlam, B.C., finished fifth in his quarter-final heat and failed to advance.

DIVING

Women's 10-metre platform — Roseline Filion, Laval, Que., finished 10th in the final with a score of 349.10 points; Meaghan Benfito, Montreal, was 11th (345.15).

GYMNASTICS (RHYTHMIC)

Team — Canada (Katrina Cameron, Mississauga, Ont.; Rose Cossar, Anastasiya Muntyanu and Anjelika Reznik, all Toronto; Alexandra Landry, Ajax, Ont.; and Kelsey Titmarsh, Thornhill, Ont.) are 12th following the first rotation of qualifying with 24.050 points.

SOCCER

Women — Canada won the bronze medal with a 1-0 victory over France. Midfielder Diana Matheson of Oakville, Ont., scored the game's lone goal over a minute into injury time to secure the Canadians spot on the podium.

SWIMMING

Women's 10-kilometre marathon — Zsofia Balazs, Toronto, finished 18th with a time of 2:01:17.8.

SYNCHRONIZED SWIMMING

Team — Canada (Marie-Pier Boudreau Gagnon, Riviere-du-Loup, Que.; Jo-Annie Fortin, Montreal; Chloe Isaac, Brossard, Que.; Stephanie Leclair, Gatineau, Que.; Tracy Little, Pointe-Claire, Que.; Elise Marcotte, Quebec City; Karine Thomas, Gatineau, Que.; Valerie Welsh, Saint-Nicolas, Que.; and Stephanie Durocher, Repentigny, Que.), finished in fourth in the event with a score of 94.400.

WRESTLING

Women's 55-kilogram freestyle — Tonya Verbeek, Thorold, Ont., won a silver medal after losing to Japan's Saori Yoshida 3-0, 2-0, (points) in the gold-medal match.

Women's 72-kg freestyle — Leah Callahan, Calgary, was eliminated after losing in the quarter-finals to Burmaa Ochirbat of Mongolia, 3-0, 5-0 (points).

SOCCER

WOMEN

BRONZE MEDAL MATCH
Thursday, Aug. 9
At Coventry, England
Canada 1, France 0
GOLD MEDAL MATCH
Thursday, Aug. 9
At Wembley, England
United States 2, Japan 1

CANADA 1, FRANCE 0

Canada	**0**	**1**	**—1**
France	**0**	**0**	**—0**

First Half—None.
Second Half—1, Canada, D.Matheson, 90+2.
Yellow Cards—C.Abily, France, 90.
Red Cards—None.
Referee—Jenny Palmqvist, Sweden. **Assistant Referees**—Anna Nystrom, Sweden; Helen Karo, Sweden. **Fourth Official**—Quetzalli Alvarado, Mexico.

MEN

BRONZE MEDAL MATCH
Friday, Aug. 10
At Cardiff, Wales
Japan vs. South Korea, 2:45 p.m.
GOLD MEDAL MATCH
Saturday, Aug. 11
At Wembley, England
Mexico vs. Brazil, 10 a.m.

BASKETBALL

WOMEN

Thursday, Aug. 9
SEMIFINALS
United States 86, Australia 73
France 81, Russia 64
BRONZE MEDAL GAME
Saturday, Aug. 11
Australia vs. Russia, Noon
GOLD MEDAL GAME
United States vs. France, 4 p.m.

MEN

Friday, Aug. 10
Semifinals
Russia vs. Spain, Noon
Argentina vs. United States, 4 p.m.
Sunday, Aug. 12
Bronze Medal, 6 a.m.
Gold Medal, 10 a.m.

Kayak. De Jonge savouring Olympics after injury

Not many of us exercise with an 80-lb dumbbell. Even fewer drop one on their finger and still make it to the Olympics.

Perhaps only Mark de Jonge can lay claim to both.

Restored to health, the muscular 28-year-old from Halifax opens his Olympic campaign on Friday in the K-1 200-metre heats.

His Olympic dream seemed over in mid-April when he broke the middle finger of his left hand. He was doing a dumbbell bench press on one side when he lost his balance.

"It was kind of a freak accident," he said. "I've done (that exercise) so many times before."

He put his hand down on the ground for balance, having to throw the weight away to do so. Unfortunately it did not go as far as he had planned.

One side of the dumbbell hit the ground. The other smashed his hand.

The good news was that it was a small break and the bone wasn't displaced.

But at the time — the accident during a training camp in Indian Harbour Beach, Fla. — he feared missing out on London.

He remembers waiting for the X-rays fervently hoping his hand was just bruised.

"The doctor just came in and bluntly said 'Yup, you won't be paddling for six to eight weeks.' I just sank down into the chair. But I had a whole bunch of people looking after me ... Just knowing that there was so many people that were the best at what they do, all behind me, gave me a lot of confidence going through that."

THE CANADIAN PRESS

Quoted

"It made me wake up every day thinking 'OK, I need to do everything that I can to get faster today.' And that's kind of stayed with me on the water now too."

Canadian kayaker, Mark de Jonge

Bolt lives up to claim of 'living legend'

Track and field. Jamaican speedster repeats as 200-metre champion while his country sweeps medals

Usain Bolt celebrates winning gold in the men's 200-metre final on Thursday in London, England. STU FORSTER/GETTY IMAGES

Usain Bolt backed up his billing as a "living legend" by winning the Olympic 200 metres and becoming the first athlete to repeat as double Olympic sprint champion.

"Bask in my glory," Bolt boasted. "I've got nothing left to prove."

Undaunted by the first world record of the Olympic track meet run by 800-metre winner David Rudisha less than an hour before the 200 final, Bolt was not about to be upstaged by anyone.

He dominated his favourite event almost from the starting gun and had enough of a lead to slow down at the line, bring his left index finger to his mouth and signal a "sssshhh" that was broadcast around the globe.

It should certainly silence the critics who claimed he was out of form ahead of the Olympics after losses to Blake at the Jamaican trials.

"That was for all the people that doubted me," Bolt said. "I was just telling them, 'You can stop talking now because I am a legend.'"

But he didn't stand a chance of hushing the 80,000-capacity crowd at the Olympic Stadium, which went wild as Bolt delivered on his promise of winning when it counts most.

They knew they were witness to something unique.

"I've done something that no one has done before, which is defend my double title," Bolt said. "Back-to-back for me, I would say I'm the greatest."

His 19.32-second winning time was just .02 seconds outside his winning mark at the Beijing Olympics.

Just like Sunday's victory in the 100, his junior training partner Yohan Blake stayed closest, and Warren Weir made it a full Jamaican medal sweep before Wallace Spearmon of the United States crossed in fourth place.

Bolt kissed the track twice before striking his trademark "To the World" pose, pointing both his index fingers upward to show what he had achieved.

He can still make it six-for-six at two Olympics if he leads his nation to victory in the relay.

"It's all about the 4x100 now," Bolt said, "to have some fun and go out there and do our best."

His win in the 100 seemed to lighten his burden in his more favoured event.

He discarded the black woolen hat he wore before his races in the 100, which reflected his mood and the cold conditions.

Thursday's weather of 23 C and a shot at the double-double brought out the Bolt of old. Wearing a Jamaica-yellow cap backwards and joking with his kit volunteer, he made the pre-race activities feel like a small-town Caribbean weekend track meet.

\Next to him, Blake was all intensity and concentration. But it wasn't enough to upstage Bolt like he did at the Jamaican trials.

Jamaica's sweep in the 200 helped the Caribbean nation of 2.9 million people join Russia in second place on the gold medal standings with three apiece. THE ASSOCIATED PRESS

Quoted

"The guy is just on another planet right now."

Wallace Spearmon, of the U.S., on Usain Bolt

CITY LOOKS IS CELEBRATING THE OLYMPICS GO CANADA!!!

CALL NOW 896-3177

ONLY 28 of each Package Available

GOLD
• 70 Minute Skin Repair Treatment $75 Value
• Spa Pedicure $65 Value
• Professional Blow-Dry Style $42 Value
• Redken Repair & Moisture Shot Treatment $20 Value
• $15 voucher towards any Eminence puchased that day
Just $127
Valued at $217
You Save $90!

SILVER
• 50 Minute Relaxation Massage $50 Value
• Professional Blow-dry Style $42 Value
• Redken Repair & Moisture Shot Treatment $20 Value
• Hand or Foot Treatment $10 Value
• $10 voucher towards any purchase that day
Just $87
Valued at $132
You Save $45!

BRONZE
• Professional Cut & Blow-Dry $42 Value
• Redken Repair & Moisture Shot Treatment $20 Value
• Eyebrow wax $20 Value
$10 voucher towards any purchase that day
Just $57
Valued at $92
You Save $45!

Polite, professional & a positive attitude towards personal detail, make up the comfortable atmosphere at City Looks Salon & Spa. With careful attention to customer service, one's visit to this ever growing establishment is an uplifting &exhilarating experience.
-Bev Howe, Charleswood

City Looks Salon & Spa CALL NOW 896-3177
3900 Grant Avenue*at the end of the Moray Bridge* Free Parking
Open 6 days a week 9am—9:30 pm Weekdays. 8 am – 6 Pm Saturdays
facebook.com/CityLooksSalonSpa www.citylooks.ca
"Special offer is not valid with any other Gift Voucher or special offers"
This promo is with selected service providers.

City Looks SALON and SPA

Horoscopes

♈ Aries
March 21 - April 20
Today, you will be even more daring and adventurous than you usually are. Trust that fate is on your side (it is) and that if you take the occasional calculated risk, it is more likely than not to pay off.

♉ Taurus
April 21 - May 21
Try not to make life too complicated, especially on the home front where loved ones will happily go along with your plans so long as they feel they are a part of them. If they're not, why not?

♊ Gemini
May 22 - June 21
You should find it easier to be more outgoing and expressive now that both the Sun and Mercury, your ruler, are moving in your favour. Your social life is about to get even busier and you will profit from new friendships.

♋ Cancer
June 22 - July 23
Life has been quite exhausting of late and you could do with a rest. So take one. It does not matter that other people think you should be running here, there and everywhere. Tell them to get lost.

♌ Leo
July 24 - Aug. 23
Your mind is now clear enough to see that whatever successes you have in the future will come from the decisions and the efforts you make today, tomorrow and over the next few weeks. So get moving.

♍ Virgo
Aug. 24 - Sept. 23
You may be eager to push ahead with certain ideas but the planets urge you to slow down a bit. You cannot possibly do all the things you would like to do, so be selective. Difficult choices are called for.

♎ Libra
Sept. 24 - Oct. 23
With the Sun moving through the area of your chart that governs friendships, you will see how necessary it is to forge alliances with like-minded people. Together you can do something special.

♏ Scorpio
Oct. 24 - Nov. 22
Certain people are taking you for granted and it's got to stop. That applies especially to your work and career where it seems you are not getting the recognition you deserve. Do something to get yourself noticed today.

♐ Sagittarius
Nov. 23 - Dec. 21
The Sun's move through one of the more outspoken areas of your chart means you'll let everyone know what you think about what's going on in the world. Some will be offended but all will admire your willingness to speak out.

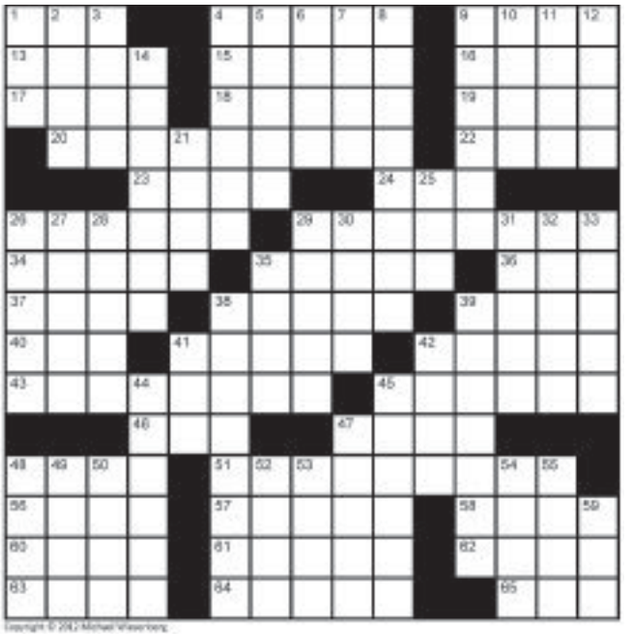
♑ Capricorn
Dec. 22 - Jan. 20
The Sun in Leo at this time of year helps you to look inside yourself and focus on issues you usually prefer to ignore. Don't be afraid to face your demons — chances are they don't really exist.

♒ Aquarius
Jan. 21 - Feb. 19
Cosmic activity in your opposite sign will help you see things not only from your point of view but also from the point of view of others. Their worldview is not so very different to your own.

♓ Pisces
Feb. 20 - March 20
Listen to what your body is telling you today and if it tells you to slow down or not do so much, don't be a fool and ignore it. It's important that you keep physically and mentally fit. **SALLY BROMPTON**

Crossword: Geography

BY MICHAEL WIESENBERG



Across
1. Bon ___: witticism
4. 24-hour cable news channel
9. Seep
13. BC's Moody or Ontario's Arthur (cities)
15. "Don't try to be ___": "Stay out of it or you'll get hurt" (2 wds.)
16. Odin's eldest
17. "Scat!"
18. Clothing size indicator
19. Chisel or hammer
20. Ontario Shakespeare Festival home
22. "Alas!" (2 wds.)
23. Brief memorial column
24. Day's coolest temperature
26. 12-step-program support group
29. BC's fruit-producing valley
34. God
35. "What ___ About You": The Romantics hit (2 wds.)
36. Dashboard distance gauge, shortly
37. "The Biggest Little City in the World"
38. Confuse
39. Car top
40. Bill from 1-Down
41. Iron alloy
42. Mystery or romance
43. BC ski resort
45. "Wait ___ what happens": "Be patient" (2 wds.)
46. "___ Lazy River" (2 wds.)
47. (Just) slightly (2 wds.)
48. Exit or entrance
51. Part of NWT
56. Mideast ruler
57. *Survivor* group
58. Great Lake
60. Daily Planet reporter Lois
61. "What a piece of work ___!": *Hamlet* (2 wds.)
62. Knocks
63. Black
64. Expenses
65. Tupolev Tu-144, for one

Down
1. Canadian pols
2. ___ and aahs
3. Slow gait
4. Movie critic/historian Leonard
5. Arrow part
6. Mount from which Moses viewed the Promised Land (BONE anagram)
7. Uncle Remus character ___ Rabbit
8. NE Alberta city named for nearby body of (chilly) water (2 wds.)
9. Parliament's home
10. "Don't look now, but..." (2 wds.)
11. Camcorder feature
12. Mystery's ___ Stanley Gardner
14. Canada's largest city
21. "It's ___!": birth announcement (2 wds.)
25. Single
26. "Call it ___": there's no winner (2 wds.)
27. Parasite
28. "___ a stinker?": Bugs Bunny line (2 wds.)
29. "___ and wiser"
30. Murder
31. Gangland thugs
32. Worship
33. "Payment not required" (2 wds.)
35. ___ fixe: obsession
38. East Coast ocean
39. Alberta's third-largest municipality (2 wds.)
41. Oil or gas additive
42. Chew a bone
44. BC's second-largest city by population
45. Greek capital
47. Ready to hit the baseball (2 wds.)
48. Bagels and lox seller
49. Muscat's state
50. Pig sound
52. Approximately (2 wds.)
53. Brinks
54. Ladies of Spain: abbr.
55. What cabbies and waiters live on
59. 9-Down time

Yesterday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	7		4		3		6	
2			5		1			9
	8			9			2	
		6				3		
4	1						5	6
		8				7		
	3			6			1	
6			9		8			7
	4		3		2		8	

Yesterday's Sudoku

Weather

TODAY	SATURDAY	SUNDAY
MAX: 25° MIN: 13°	MAX: 26° MIN: 13°	MAX: 25° MIN: 10°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

Search over 50,000 used cars, fast and free.
autocatch.com

HAKIM OPTICAL
Sexy Summer Eyes!
2 PAIR $199 FROM
ALL HAKIM DESIGNER EYEGLASSES
FREE UPGRADE
Make your 2nd Pair Rx Sunglasses (Tint & UV)
See store for details.
Over 160 Discount Outlets... 140 One Hour In-Store Labs
Outside Metro Toronto 1-877-524-2020 • www.hakimoptical.ca

TAKE THE $200 TEST DRIVE

Test drive any vehicle and receive a **$200 GIFT CARD** †

AIR, CRUISE, PWR GROUP, UP TO 47 MPG!

2013 FORD ESCAPE SE

MSRP: ~~$28,649~~

SALE PRICE:

$24,699* OR **$148***

S/CAB, 3.7L V6, WITH SYNC & CRUISE

2012 FORD F150 STX

MSRP: ~~$32,799~~

SALE PRICE:

$19,999* OR **$123***

6 SPD AUTO, PWR GROUP, AIR. CRUISE, UP TO 47 MPG!

2012 FORD FUSION SE

MSRP: ~~$26,399~~

SALE PRICE:

$17,899* OR **$109***

SEDAN, WITH SYNC & CRUISE , UP TO 51 MPG!

2012 FORD FOCUS SE

MSRP: ~~$21,849~~

SALE PRICE:

$16,399* OR **$98***

20" RIMS, LEATHER, NAV, LOADED, UP TO 43 MPG!

2013 FORD EDGE SEL

MSRP: ~~$39,999~~

SALE PRICE:

$33,899* OR **$199***

S/CAB, 4X4, AIR, PWR GROUP, CRUISE

2012 FORD F150 XLT

MSRP: ~~$39,499~~

SALE PRICE:

$25,869* OR **$187***

+ FORD EMPLOYEE PRICING IS BACK AT RIVER CITY FORD

Ford EMPLOYEE PRICING

IT'S BACK AND BIGGER THAN EVER

with up to $14,000 PLUS IN PRICE ADJUSTMENTS

2012 F-150 Platinum Super Crew 4x4 amount shown

YOU COULD WIN YOUR FORD

SHARE OUR PRIDE
SHARE OUR PRICE

Visit **FordEmployeePricing.ca** for details.

837.3636 · rivercityford.ca

3636 Portage Avenue West, Winnipeg

Ford River City Ford

Driving Change

*All prices and payments are based using all of Ford of Canada's delivery allowance and FEP discounts. 2012 Ford Focus price includes extended term rebate of $1250. Prices and payments are plus freight, taxes and dealer installed options. Payments are bi-weekly and based on a 96 month term @ 5.49% OAC. Photos are for illustration only.
† Bring in this ad and take a qualified test drive to receive a $200 Test Drive Gift Card, no purchase necessary, while supplies last. Gift card is redeemable for merchandise only. Gift card has no cash value; one card is redeemable per household. Customs charges, taxes and fees may apply. See dealer for details.
WE DO NOT CHARGE ADMIN FEES! DL#4218